

Group Fitness Schedule

at BayCare Fitness Center Bloomingdale | February 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:15am - 6:20am Interval Training Melissa	5:15am - 6:05am Core & More Melissa	5:15am - 6:20am Sculpt Cycle Melissa			Challenge, Premium, & Holiday Offerings
7:00 - 7:50am HIIT Brad	6:30am - 7:20am Total Body Training Rebecca	6:45am - 7:15am Express Core Rebecca	6:30am - 7:20am Total Body Training Amy	6:30am - 7:20am Cycle Melissa		Group Fitness Passport Challenge See Front Desk for details.
8:20am - 8:50am Express Cycle Erika	8:00am - 8:50am Original Flow Leslie	8:00am - 8:50am Barbell Sandra	8:00am - 8:50am Original Flow Leslie	8:00am - 8:50am Original Flow Leslie	8:15am - 9:05am Barbell Rebecca/Melissa	Functional Focus with Gavin Thursdays at 5pm See Front Desk for details.
9:00am - 9:50am Barre Strong Amy	9:00am - 9:50am Mat Pilates Leslie	9:00am - 9:50am Stretch & Strength Yoga LaMor	9:00am - 9:50am Original Flow Leslie	9:00am - 9:50am Lengthen & Tone Leslie	9:15am - 10:05am Cycle Melissa	Yoga for Pelvic Floor with LaMor Wed. Feb. 7th at 12pm See Front Desk for details.
10:00am - 10:50am Vinyasa Yoga Namgay	10:00am - 10:50am Silver Fitness Brad	10:00am - 10:50am SilverSneakers® Chair Yoga LaMor	9:00am - 9:50am Gentle Yoga LaMor	9:00am - 9:50am Beginner Circuit Brad	9:15am - 10:05am Total Body Flow Rebecca	
11:00am - 11:30am Express Core Amy	10:00am - 10:50am Original Flow Leslie		10:00am - 10:50am SilverSneakers® BOOM LaMor	10:00am - 10:50am Balance & Core Tara	9:00am - 9:50am Original Flow Leslie (13th, 20th)	Be our valentine! Wednesday, Feb. 14 Wear your red & pink gear to class and get a goodie from your BCFC team!
11:30am - 12:20pm Cycle Charlene	11:00am - 11:50am SilverSneakers® BOOM LaMor	11:30am - 12:20pm Sculpt Cycle Charlene	10:00am - 10:50am Velocity Leslie	11:00am - 11:50am Slow Flow Reset Yoga Sallie	10:00am - 10:50am Evolution Leslie (13th, 20th)	
	12:00pm - 12:50pm Int./Adv. Yoga TRX LaMor		11:00am - 11:50am Mobility & Balance Brad			
					12 - 1p Private Programming	
						We partner with:
5:00pm - 5:50pm Barbell & Core Sandra	4:20pm - 5:05pm Cycle Erika					Ask about our Specialty Programs: Medical Fitness Studio Pilates Golf Fitness Maternity Fitness POWER
5:45pm - 6:30pm Cycle Rebecca	5:15pm - 5:45pm STRONG 30® Sandra		5:20pm - 5:50pm Express Core Rebecca			
6:00pm - 6:50pm Zumba® Sandra	6:00pm - 6:50pm Circuit Training Brad	6:00pm - 6:50pm Power Yoga Elyse	6:00pm - 6:50pm Gentle Yoga Rebecca			
7:00 - 7:50pm PIYO® Stephanie						

To ensure your space in a class, register in advance at the front desk or on the Member Portal at GymPayment.com

Admission policy: Please do NOT enter a group fitness class more than 10 minutes after scheduled start time.

The Fitness Center reserves the right to limit class size. Hard soled athletic shoes required for cycling classes.

Fitness Center Hours: 5am - 9pm Monday - Thursday | 5am - 8pm Friday | 8am - 4pm Saturday and Sunday

Cycle Class **New This Month** **Fee Class** **(O) - Outdoor Class (weather permitting)**

The Silver&Fit program is provided by American Specialty Health Fitness, Inc. (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH).

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