

Group Fitness Schedule

at Cheek-Powell Fitness Center | February 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:30am - 6:20am Cycle Nicole		5:30am - 6:20am Boxing Boot Camp Trina (1/11 - 2/15)			
8:30am - 9:20am Intermediate Mat Pilates Maud	8:30am - 9:20am Total Body Training Renee	8:30am - 9:20am Barre Leslie	8:30am - 9:20am Total Body Training Renee			8:15am - 9:05am Cycle Nicole
				9:00am - 9:50am Int./Advanced Mat Pilates Maud	8:30-9am BODYPUMP Mindy/Ann/Laura	
9:30am - 10:20am Step Leslie	9:30am - 10:20am Low Impact Aerobics Leslie	9:30am - 10:20am Zumba Gold Blanca	9:30am - 10:20am Low Impact Aerobics Renee		9:10-9:40am LES MILLS CORE Mindy/Ann/Laura	Holiday Fun!
				10:00am - 10:50am Barre Maud	10:00am - 11:15am Yoga Kathleen	<p>Valentine's Day Wednesday, Feb. 14 Be our valentine! Wear your pink & red gear to class and get a goodie from the BCFC team!</p>
10:30am - 11:20am BODYPUMP Carol	10:30am - 11:20am Vinyasa Flow Yoga Kathleen	10:30am - 11:20am Slow Hatha & Stretch Julie	10:30am - 11:20am Gentle Yoga Kathleen	11:00am - 11:50am Zumba® Nicole		
	11:30am - 12:20pm Beginner Circuit Carol		11:30am - 12:20pm Tabata (Interval Training) Carol			
12:00pm - 12:50pm Upper Body & Core Leslie		12:00pm - 12:50pm Lower Body & Core Leslie	12:30pm - 1:20pm Silver Fitness Carol	12:00pm - 12:50pm Balance Skills Cathleen		
1:00pm - 1:50pm Tai Chi David	1:00pm - 1:50pm SilverSneakers® Yoga Cathleen	1:00pm - 1:50pm Silver Fitness Carol		1:00pm - 1:50pm SilverSneakers® Yoga Cathleen		1:00pm - 1:50pm Gentle Yoga Cathleen
2:00pm - 3:00pm Private Programming	2:30pm - 3:30pm Private Programming	2:00pm - 3:00pm Private Programming	2:30 - 3:30pm Private Programming	2:00pm - 3:00pm Private Programming		
4:30pm - 5:20pm BODYPUMP Laura				4:30pm - 5:20pm Restorative Yin Yoga Julie		
5:30pm - 6:20pm Zumba® Nicole	5:30pm - 6:20pm BODYPUMP Mindy/Ashlee		5:30pm-6:20pm Boxing Boot Camp Ashlee			
6:30pm - 7:45pm Gentle Yoga Jack	6:30pm - 7:00pm LES MILLS CORE Mindy/Ashlee	6:30pm - 7:45pm Restorative Yin Yoga Julie				
			7:10pm - 8:00pm Strength & Stretch Yoga Jack		Cheek-Powell Fitness Center 455 Pinellas Street Clearwater, FL 33756 (727) 462-7656 BayCareFitness.org	

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

[Cycle Class](#)

[New This Month](#)

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