

Group Fitness Schedule

at BayCare Fitness Center Bloomingdale | June 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:15am - 6:15am Interval Training Melissa	5:15am - 6:05am Core & More Melissa	5:30am - 6:00am Express Cycle Melissa			Special Offerings
7:00 - 7:50am HIIT Brad	6:30am - 7:20am Total Body Training Rebecca	6:45am - 7:15am Express Core Rebecca	6:15am - 6:45am Express Total Body Melissa	6:30am - 7:20am Cycle Melissa		<p>FREE Reformer Mini Sessions with Emilie Wednesdays June 12th & 19th 5:30pm & 6:00pm Register at the front desk.</p> <p>Brain Health Awareness Event: Kirtan Kriya with LaMor Wednesday, June 12th at 11:00am See front desk for details.</p>
8:00am - 8:50am Chair Pilates Emilie	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	
8:15am - 8:45am Express Cycle Erika	9:00am - 9:50am Mat Pilates Leslie	8:15am - 8:45am Beginner Cycle Erika	9:00am - 9:50am Renew Leslie	8:15am - 8:45am Beginner Cycle Erika	9:15am - 10:05am Cycle Melissa	
9:00am - 9:50am Original Flow Emilie	10:00am - 10:50am Silver Fitness Brad	9:00am - 9:50am Stretch & Strength Yoga LaMor	9:00am - 9:50am Gentle Yoga LaMor	9:00am - 9:50am Barre, Cardio, & Core Leslie	9:15am - 10:05am Total Body Flow Rebecca	
9:00am - 9:50am Barre Strong Amy	10:00am - 10:50am Original Flow Leslie	10:00am - 10:50am SilverSneakers® Chair Yoga LaMor	10:00am - 10:50am SilverSneakers® BOOM LaMor	9:00am - 9:50am Beginner Circuit Brad	9:00am - 9:50am Original Flow Leslie (1st, 8th, 15th)	
10:00am - 10:50am Lengthen & Tone Emilie	11:00am - 11:50am SilverSneakers® BOOM LaMor	11:30am - 12:20pm Sculpt Cycle Charlene	10:00am - 10:50am Barre Cardio Core Leslie	10:00am - 10:50am Balance & Core Tara	10:00am - 10:50am Pilates Circuit Training Leslie (1st, 8th, 15th)	
10:00am - 10:50am Strength Training Amy	11:00am - 11:50am Pilates Circuit Training Leslie		11:00am - 11:50am Mobility & Balance Brad	10:00am - 10:50am Renew Leslie		
11:00am - 11:50am Mat Pilates Emilie	12:00pm - 12:50pm Int./Adv. Yoga TRX LaMor		11:00am - 11:50am Intro to Reformer Leslie - see front desk		12 - 1p Private Programming	
12:00pm - 12:50pm Intro to Reformer Emilie - see front desk	1:00pm - 1:30pm Senior Express Cycle Melissa		1:00pm - 1:30pm Senior Express Cycle Melissa			
11:30am - 12:20pm Cycle Charlene						
4:00pm - 4:50pm Original Flow Emilie						
5:00pm - 5:50pm Barbell & Core Sandra						
5:30pm - 6:20pm Lengthen & Tone Emilie	4:15pm - 5:00pm Cycle Erika					
5:45pm - 6:30pm Cycle Rebecca	5:15pm - 5:45pm STRONG 30® Sandra	5:15pm - 6:05pm Advanced Yoga Elyse	5:15pm - 5:45pm Express Core Rebecca		<p>Ask about our Specialty Programs:</p> <ul style="list-style-type: none"> Medical Fitness Studio Pilates Golf Fitness Maternity Fitness POWER 	
6:00pm - 6:50pm Zumba® Sandra	6:00pm - 6:30pm Express Zumba Step® Sandra	6:15pm - 7:05pm Restorative Yoga Elyse	6:00pm - 6:50pm Gentle Yoga Rebecca			
	6:00pm - 6:50pm Circuit Training Brad					

To ensure your space in a class, register in advance at the front desk, the Pulse Access app, or 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 Class](#) | [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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