

# Group Fitness Schedule

at Cheek-Powell Fitness Center | June 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:30am - 6:20am Cycle Nicole		5:30am - 6:20am Cycle Circuit Trina			
8:00am - 8:50am Intermediate Mat Pilates Maud	8:00am - 8:50am Cardio Toning Renee	8:00am - 8:50am Barre Leslie	8:00am - 8:50am Cardio Toning Renee			8:15am - 9:05am Cycle Nicole
9:00am - 9:50am Step Leslie	9:00am - 9:50am Low Impact Aerobics Leslie	9:00am - 9:50am Zumba Gold Blanca	9:00am - 9:50am Low Impact Aerobics Renee	9:00am - 9:50am Int./Advanced Mat Pilates Maud	8:30-9:00am BODYPUMP Mindy/Ann/Laura/Ashlee	
10:00am - 10:50am BODYPUMP Carol	10:00am - 10:50am Vinyasa Flow Yoga Kathleen	10:00am - 10:50am Slow Hatha & Stretch Julie	10:00am - 10:50am Gentle Yoga Kathleen	10:00am - 10:50am Barre Maud	9:15-9:45am LES MILLS CORE Mindy/Ann/Laura/Ashlee	
11:00am - 11:50am Barre Leslie	11:00am - 11:50am BODYCOMBAT Laura	11:00am - 11:50am BODYPUMP Mindy	11:00am - 11:50am BODYCOMBAT Mindy	11:00am - 11:50am Zumba® Nicole	10:00am - 11:15am Yoga Kathleen	10:30am - 11:20am Vinyasa Flow Yoga Jack
12:00pm - 12:50pm Upper Body & Core Leslie	12:00pm - 12:50pm Total Body Training Carol	12:00pm - 12:50pm Lower Body & Core Leslie	12:00pm - 12:50pm Total Body Training Carol	12:00pm - 12:50pm Balance Skills Cathleen	Special Offerings	
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 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	Brain Health Awareness Month Event  Sound Therapy & Frequency Meditation with Jack Thursday, June 20 at 4:00pm See front desk for details.  Free Lifestyle Wellness Class with Mark Wednesday, June 26 at 12:00pm See front desk for details.	
4:30pm - 5:20pm BODYPUMP Laura (10th, 17th, 24th)		4:30pm - 5:20pm HYBRID BODYCOMBAT & CORE Laura (12th, 19th, 26th)		4:30pm - 5:20pm Restorative Yin Yoga Julie		
5:30pm - 6:20pm Zumba® Nicole	5:30pm - 6:20pm HYBRID BODYPUMP & CORE Ashlee	5:30pm - 6:20pm Barre Strong Laura (12th, 19th, 26th)	5:30pm - 6:20pm HYBRID BODYPUMP & CORE Ashlee			
6:30pm - 7:45pm Gentle Yoga Jack		6:30pm - 7:45pm Restorative Yin Yoga Julie	6:30pm - 7:20pm Gentle Flow Jack			

To ensure your space in a class, register in advance at the front desk, on the Pulse Access app, or at [GymPayment.com](https://www.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 to 19 participants. Hard soled athletic shoes required for cycle class.  
**Fitness Center Hours:** 5am - 9pm Monday - Thursday | 5am - 8pm Friday | 8am - 5pm Saturday and Sunday

[Cycle Class](#)

[New Class](#)

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[BayCareFitness.org](https://www.baycarefitness.org)

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