

Group Exercise Schedule

At BayCare Fitness Centers | SEPTEMBER 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:15 – 6:15am FULL BODY BOOT CAMP Alyssa	5:15 – 6:15am MIND BODY BALANCE Karlton	5:15 – 6:15am FULL BODY BOOT CAMP Karlton		COMING SOON CYCLE	
5:15 – 6:15am CYCLE Karlton					COMING SOON CYCLE	
6:25 – 7:25am MIND BODY BALANCE Karlton	6:25 – 7:25am KICKBOX & CORE Alyssa				9:00 – 9:55am BATTLE PARTNERS Laura	
7:30 – 8:25am CARDIO KICKBOXING JT	7:30 – 8:25am BURN BOOTCAMP JT		9:00 – 9:55am YOGA LaMor	7:00 – 7:55am RESISTANCE TRAINING Sandra B.	10:00 – 10:55am Power Yoga LaMor	
COMING SOON PIYO		8:30 – 9:30am INTERVAL TRAINING Sandra B.	COMING SOON BARRE	9:00 – 9:55am GENTLE YOGA LaMor	11:15am – 12:15pm PILATES Leslie	
COMING SOON BARRE	9:45 – 10:45am ZUMBA GOLD Maria		10:30 – 11:30am ZUMBA GOLD Maria	COMING SOON BARRE		
	11:00 – 12:00am MIND BODY BALANCE JT		11:35am – 12:35pm MIND BODY BALANCE JT			
10:00am – 11:00am VINYASA YOGA LaMor		12:00 – 1:00pm STRETCH & STRENGTH YOGA LaMor				
11:30am – 12:30pm SCULPT CYCLE Charlene	11:30am – 12:30pm CYCLE Charlene	11:30 – 12:30pm CYCLE Charlene				

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 25 participants. Hard soled athletic shoes required for cycling classes.

Hours: 5am – 10pm, Monday – Thursday | 5am – 8pm Friday | 7am – 7pm, Saturday and Sunday
Facebook.com/BayCareFitnessCenter Coming Soon Cycle New this month

BayCare Fitness Center - Bloomingdale

2470 Bloomingdale Ave. Valrico, FL 33596
(813) 586-8600 BayCareFitnessCenters.org



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:00 – 5:00pm CARDIO KICKBOXING JT	4:00 – 5:00pm BATTLE PARTNERS Laura	4:00 – 5:00pm CARDIO KICKBOXING JT	4:00 – 5:00pm BATTLE PARTNERS Laura			1:30 – 2:30pm YOGILATES Sallie
	5:15 – 6:15pm FULL BODY BOOT CAMP Alyssa	5:15 – 6:15pm ZUMBA Sandra				2:35 – 3:35pm CARDIO KICKBOXING JT
5:15 – 6:15pm YOGILATES Sallie	6:30 – 7:30pm KICKBOX & CORE Alyssa		5:25 – 6:25pm RESTORATIVE YOGA LaMor			3:45 – 4:45pm YOGA FOR STRESS RELIEF Sallie
		6:20 – 7:20pm CARDIO KICKBOXING JT				
6:30 – 7:30pm CYCLE Bruce		6:30 – 7:30pm CYCLE Bruce	6:30 – 7:30pm INTERVAL TRAINING Sandra B.			
6:30 – 7:30pm VINYASA YOGA Sallie	7:35 – 8:35pm MAT PILATES Leslie	7:30 – 8:30pm ALIGN & FLOW YOGA Sallie	7:35 – 8:35pm PILATES Leslie			

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