

Group Exercise Schedule

At BayCare Fitness Centers | September 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 – 6:05am Full Body Boot Camp Brad	5:15 – 6:05am Cardio Boxing JT	5:15 – 6:05am Cycle Melissa		5:15 – 6:05am Cycle Bruce	Saturday classes have a new time beginning Sept. 12 th	
					8:15 – 9:05am Cycle Bruce / Melissa	
9:00 – 9:50am Barre Amy	9:00 – 9:50am Resistance Training Sandra B.	9:00 – 9:50am Stretch & Strength Yoga LaMor	9:00 – 9:50am Gentle Yoga LaMor	9:00 – 9:50am 15/15/15 Brad	9:15 – 10:05am PIYO® Stephanie	
10:30 – 11:20am Vinyasa Yoga Samantha	10:30 – 11:20am Mat Pilates Leslie	10:30 – 11:20am Cardio Boxing JT		10:30 – 11:20am Mat Pilates Leslie		
			11:00 – 11:50am Zumba® Sandra		11:15 – 12:05pm Intro to Pilates Reformer Leslie (by appointment only)	
11:30am – 12:20pm Cycle Charlene		11:30 – 12:20pm Sculpt Cycle Charlene				
6:00 – 6:50pm Zumba® Sandra	6:00 – 6:50pm Circuit Training Brad	6:00 – 6:50pm PIYO® Stephanie	6:00 – 6:50pm Restorative Yoga & Meditation LaMor	6:00 – 6:50pm Circuit Training Brad		
		6:30 – 7:20pm Cycle Melissa	6:35 – 7:25pm Intro to Pilates Reformer Leslie (by appointment only)			

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

Hours: 5am – 8pm, Monday – Friday | 8am – 5pm, Saturday and Sunday
Facebook.com/BayCareFitnessBloomingtondale ■ Cycle ■ New this month

BayCare Fitness Center - Bloomingtondale

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