

Group Exercise Schedule

At BayCare Fitness Centers | MAY 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 – 6:15am CYCLE Karlton	5:15 – 6:15am FULL BODY BOOT CAMP Alyssa	5:15 – 6:15am SUNRISE PILATES Kaylan	5:15 – 6:15am FULL BODY BOOT CAMP Karlton		7:30 - 8am EXPRESS RHYTHM RIDE ANGIE	
	6:25 – 7:25am KICKBOX & CORE Alyssa	6:30 – 7:30am INTERVAL TRAINING Alyssa	6:30 – 7:30am VINYASA YOGA Sallie	6:00 – 7:00am RESISTANCE TRAINING Sandra B.	8:15 – 9:15am RHYTHM RIDE Angie	
7:30 – 8:30am PILATES Kaylan	6:30 – 7:30am SUNRISE HATHA YOGA Sallie	7:45 – 8:45am KICKBOX & CORE Alyssa		7:00 – 8:00am PILATES Kaylan	9:00- 9:30am FREE PILATES REFORMER DEMO (Registration Required) Kaylan	
7:45 – 8:45am 15/15/15 David	10:00 – 11:00am PILATES Kaylan		10:30 – 11:30am ZUMBA GOLD Maria Montero		9:45- 10:15am FREE PILATES REFORMER DEMO (Registration Required) Kaylan	
9:00- 9:30am FREE PILATES REFORMER DEMO (Registration Required) Kaylan		8:30 – 9:30am INTERVAL TRAINING Sandra B.	11:15 – 12:15pm PILATES Kaylan		11:15am – 12:15pm PILATES Kaylan	
		9:45 – 10:45am STARTING OUT STRONG Karlton				
11:00 – 12:00pm VINYASA YOGA Lamor		12:00 – 1:00pm POWER YOGA Lamor		12:00 – 1:00pm CYCLE Charlene		
11:30am – 12:30pm SCULPT CYCLE Charlene	11:30am – 12:30pm BOOT CAMP Charlene	11:30 – 12:30pm SCULPT CYCLE Charlene	11:30am – 12:30pm SCULPT 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

Cycle New this month Yoga Studio

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
						2:00 – 3:00pm PILATES Kaylan
4:00 – 5:00pm CARDIO KICK BOXING JT						2:15 – 3:15pm CARDIO KICK BOXING JT
	5:15 – 6:15pm FULL BODY BOOT CAMP Alyssa	5:15 – 6:15pm 15/15/15 David	5:30 – 6:30pm RESTORATIVE YOGA			3:30 – 4:30pm YOGA FOR STRESS RELIEF Sallie
6:00 – 7:00pm PILATES Kaylan		5:30 – 6:30PM PILATES Kaylan				
6:30 – 7:30pm ZUMBA Krystel	6:30 – 7:30pm RHYTHM RIDE Angie	6:45 – 7:15pm FREE PILATES REFORMER DEMO (Registration Required) Kaylan	6:30 – 7:30pm RHYTHM RIDE Angie			
7:15 – 8:15pm VINYASA YOGA Sallie	6:30 – 7:30pm KICKBOX & CORE Alyssa	6:30 – 7:30pm CARDIO KICK BOXING JT	6:30 – 7:30pm INTERVAL TRAINING Sandra B.			
	7:15 – 8:15pm MAT PILATES Kaylan	7:00 – 8:00pm ALIGN & FLOW YOGA Sallie	7:00 – 8:00pm PILATES Kaylan			

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