

Group Exercise Schedule

At BayCare Fitness Centers | May 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			5:45 – 6:30am Strength Training Trina Beginning May 9th		7:30 - 8:30am Cycling Nicole	
7 - 8:30am Self Defense George FEE CLASS begins May 6		7 - 8:30am Self Defense George FEE CLASS begins May 6		7:30 - 8:25am Starting Out Strong Leslie		
9:00– 9:25am Step Express Leslie	8 - 8:55am Intermediate Mat Pilates Maud	8:45 - 9:40am Barre HIIT Leslie	8 - 8:55am Int./Advanced Mat Pilates Maud		9 - 9:55am P90X® LIVE! Nicole/Trina	
9:30 – 10:25am Total Body Training Leslie	9 - 9:55am Total Body Training Renee	9:45 - 10:40am Pilates Fusion Leslie	9 - 9:55am Total Body Training Renee	9:30 - 10:30am Intermediate/Advanced Pilates Maud	10 - 10:55am ZUMBA® Nicole	
10:30 - 11:55am Yoga Essentials Debi Grace	10 - 10:55am ZUMBA® Nicole	11am – 12:30pm Yoga Essentials Debi Grace	10 - 10:50am Low Impact Aerobics Renee	10:30 - 11:25 Barre Maud		
12 - 12:55pm Barre Leslie	11 - 11:55am Low Impact Aerobics Leslie		11 - 11:55am Stretch & Relax Leslie			
	12 - 12:45pm Total Body Training Leslie		12 -12:45pm Total Body Training Leslie			

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: 4am – 11pm, Monday – Friday | 6am – 8pm, Saturday and Sunday
Facebook.com/BayCareFitnessCenter

■ Cycle ■ New this month

This month, BayCare Fitness Centers celebrate Everyday Heroes with a free week for teachers and first responders. On Monday May 27 from 6am – 2pm is our Hero Day Celebration, with specials classes and demos and a chance to win a FitBit Versa. Check out our Facebook Hero Day Event for more details.

Cheek-Powell Fitness Center

455 Pinellas St. / Clearwater, FL 33756
(727) 462-7685 / BayCareFitnessCenters.org



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 - 1:55pm Life Improvement Program Joy	1:30 - 2:15pm Silver Sneakers® Yoga Wendy	1 - 1:55pm Life Improvement Program Joy	1:30 - 2:15pm Silver Sneakers® Yoga Elaine			
2 - 3:15pm Gentle Yoga Wendy H	2:30 - 3:30pm All About Balance Elaine	2 - 3:15pm Gentle Yoga Debi Grace	2:30 - 3:30pm All About Balance Elaine	2 – 3:15pm Yoga Karin K		
	3:35 - 4:35pm Oasis Yoga Cancer Program Elaine	4:30 - 5:25pm Barre & Stretch Fusion Leslie		4:30 - 5:30pm Interval Training Joy		
4:30 – 5:25pm PiYo® Nancy	5:30 - 6:25pm Cardio Boxing Sandi	5:30 – 6:30PM Plyoga Shailja Beginning May 15	5:30 - 6:25pm ZUMBA® Nicole			
5:30 – 6:25pm P90X® LIVE! Joy	6:30 – 8:00pm Restorative Yoga Debi Grace	6:30 - 7:30pm Cycle/ Circuit Nicole	6:30 - 8:00pm Gentle Yoga Debi Grace			

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