

Group Exercise Schedule

At BayCare Fitness Centers | September 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			5:30 - 6:15am Strength Training Trina			
8:30 - 9:20am Intermediate Mat Pilates – Maud	8:30 - 9:20am Total Body Training Renee	8:30 - 9:20am Barre Leslie	8:30 - 9:20am Total Body Training Renee	8:30 - 9:20am Int./Advanced Mat Pilates - Maud		
9:35 – 10:25am Step Leslie	9:35 – 10:25am Low Impact Aerobics Leslie	9:35 – 10:25am Stretch & Relax Leslie	9:35 – 10:25am Gentle Yoga Kathleen	9:35 – 10:25am Barre Maud	9 - 9:50am Strength Training Trina/Don	
			10:35 – 11:25am Zumba® Nicole		10:05 - 10:55am Yoga Sara/Karen	
12 – 12:50pm Upper Body & Core Leslie		12 – 12:50pm Lower Body & Core Leslie				
	1 - 1:45pm SilverSneakers® Yoga Wendy		1:00 - 1:45pm SilverSneakers® Yoga Wendy	1 - 1:50pm Life Improvement Program – Joy		
	2 – 3pm Private Programming		2 – 3pm Private Programming			
				4:30 - 5:20pm Interval Training Joy		
5:30 - 6:20pm Strength Training Don	5:30 - 6:20pm Cardio Boxing Sandi	5:30 - 6:20pm Beginner Pilates Gila	5:30 - 6:20pm Boxing Boot Camp Don			
6:30 - 7:20pm Zumba® Nicole	6:30 - 7:20pm Gentle Yoga Cathleen					

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.

Hours: 5am – 8pm, Monday – Friday | 8am – 5pm, Saturday and Sunday
Facebook.com/BayCareFitnessCheekPowell

■ Cycle ■ New this month

Cheek-Powell Fitness Center

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