

# Group Exercise Schedule

At BayCare Fitness Centers | SEPTEMBER 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			5:45 – 6:30am Strength Training <b>Trina</b>		7:30 – 8:30am Cycle <b>Nicole/Trina</b>	
	8 - 8:55am Intermediate Mat Pilates - <b>Maud</b>		8 - 8:55am Int./Advanced Mat Pilates - <b>Maud</b>	8 – 8:55am Starting Out Strong <b>Leslie</b>		
9– 9:25am Step Express <b>Leslie</b>	9 - 9:55am Total Body Training <b>Renee</b>	9 - 9:55am Barre HIIT <b>Leslie</b>	9 - 9:55am Total Body Training <b>Renee</b>		9 - 9:55am P90X® LIVE! <b>Nicole/Trina</b>	
9:30 – 10:25am Total Body Training <b>Leslie</b>				9:30 - 10:30am Int./Advanced Pilates <b>Maud</b>	10 - 10:55am ZUMBA® <b>Nicole</b>	
	10 - 10:55am ZUMBA® <b>Nicole</b>	10 – 10:55am Pilates Fusion <b>Leslie</b>	10 - 10:50am Low Impact Aerobics <b>Renee</b>		11 - 11:55am Yoga <b>Olivia</b>	
10:30 - 11:55am Yoga Essentials <b>Debi Grace</b>				10:30 - 11:25 Barre <b>Maud</b>		
	11 - 11:55am Low Impact Aerobics <b>Leslie</b>	11am – 12:30pm Yoga Essentials <b>Debi Grace</b>	11 - 11:55am Stretch & Relax <b>Leslie</b>			
12 - 12:55pm Barre <b>Leslie</b>	12 - 12:45pm Total Body Training <b>Leslie</b>		12 -12:45pm Total Body Training <b>Leslie</b>			

**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

## 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 - <b>Joy</b>		1 - 1:55pm Life Improvement Program - <b>Joy</b>				
	1:30 - 2:15pm Silver Sneakers® Yoga – <b>Wendy</b>		1:30 - 2:15pm Silver Sneakers® Yoga - <b>Elaine</b>			
2 - 3:15pm Gentle Yoga <b>Wendy H</b>		2 - 3:30pm Gentle Yoga <b>Debi Grace</b>		2 – 3pm Yoga <b>Olivia</b>		
	2:30 - 3:30pm All About Balance <b>Elaine</b>		2:30 - 3:30pm All About Balance <b>Elaine</b>			
	3:35 - 4:35pm Oasis Yoga Cancer Program <b>Elaine</b>					
		4:30 - 5:25pm Barre & Stretch Fusion - <b>Leslie</b>	4:30 – 5:25pm Yin Yoga <b>Nancy</b>	4:30 - 5:30pm Interval Training <b>Joy</b>		
5:30 – 6:25pm P90X® LIVE! <b>Joy</b>	5:30 - 6:25pm Cardio Boxing <b>Sandi</b>	5:30 – 6:25PM Plyoga <b>Shailja</b>	5:30 - 6:25pm ZUMBA® <b>Nicole</b>			
	6:30 – 8:00pm Restorative Yoga <b>Debi Grace</b>	6:30 - 7:30pm Kickbox Boot Camp <b>Carol</b>				

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