

# Group Exercise Schedule

At BayCare Fitness Centers | JANUARY 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 – 6:30am Interval Training <b>Steve</b>	5:15 – 6:15am Cycle <b>Nancy</b>	5:30 – 6:30am Total Body Training <b>Steve</b>	5:30 – 6:30am Cycle Core: HIIT <b>Steve</b>	5:15 – 6:15am Interval Training <b>Nancy</b>		
7 – 7:55am Vinyasa Flow Yoga <b>Whitney</b>	7 – 7:55am Vinyasa Flow Yoga <b>Whitney</b>	7 – 7:55am Gentle Yoga <b>Mary</b>	6:30 - 7:00am All Abs <b>Steve</b>	7 – 7:55am Stability Training <b>Carol</b>		
8 – 8:50am Yin Yoga <b>Whitney</b>	8 – 8:55am Stability Training <b>Terri</b>	8 – 8:50am Tai Chi/Qi Gong <b>Mary</b>	8 – 8:55am Yin Yoga <b>Mary</b>	8 – 8:55am Cardio Sculpt <b>Carol</b>	7:45 – 8:45am Cycle Circuit <b>Steve</b>	
9 – 9:55am Circuit Step <b>Nancy</b>	9 – 9:55am Interval Training <b>Terri</b>	9 – 9:55am Cardio Bootcamp <b>Sandi</b>	9 – 9:55am Interval Kickboxing <b>Carol</b>	9 – 10:00am Cycle Circuit <b>Nancy</b>	9 – 9:55am ZUMBA® <b>Kathleen/ Sharon/Megan</b>	
10 – 10:55am Silver Sneakers® Yoga <b>Elaine</b>	10 – 10:55am Dance Cardio <b>Sandi</b>	10:15 – 11:15am Functional Movement Improvement - <b>Mary</b>		10:30 – 11:25am ZUMBA Gold® <b>Terri</b>	10 – 11am Vinyasa Flow Yoga <b>Kathleen</b>	
11 -11:30am FMI 30 <b>Elaine</b>	11 – 11:55am Gentle Yoga <b>Whitney</b>	11:30 – 12:15pm Silver Sneakers® Chair Yoga - <b>Mary</b>	11 – 11:55am Silver Sneakers® Cardio - <b>Kathleen</b>	11:30am – 12:25pm Strength & Stability <b>Terri</b>		
11:35 – 12:20pm Silver Sneakers® Classic - <b>Elaine</b>			12 – 12:55pm Gentle Yoga <b>Kathleen</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:** 5am – 10pm, Monday – Friday | 7am – 7pm, Saturday and Sunday  
Facebook.com/BayCareFitnessCenter

■ Cycle ■ New this month

**BayCare Fitness Center – Palm Harbor**

32672 US Hwy 19 N | Palm Harbor, FL 34684

(727) 772-2254 | BayCareFitnessCenters.org



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12:30 – 1:25pm ZUMBA® Kathleen				12:35 – 1:50 Restorative Yoga Debi Grace		
1:30 – 2:30pm Tai Chi/Qi Gong David	1 – 2pm FMI/Balance Elaine	1:30 – 2:30pm Tai Chi/Qi Gong David				
2:35 – 4:00pm Restorative Yoga Debi Grace	3:30 – 4:25pm Tai Chi Sword David			2 – 3:00pm Oasis Yoga Cancer Survivors Debi Grace		
			4 – 4:55pm Mat Pilates Lori			
5:30 – 6:25pm Body Blast Sandi	5:30 – 6:30pm Private Programming (Please do not enter)	5:30 – 6:25pm Total Body Training Lori	5:30 – 6:25pm Tabata Training Donna			
6:30 – 7:25pm Yin Yoga Whitney	6:30 – 7:25pm Stretch & Strength Yoga Whitney	6:30 – 7:15pm Stretch & Relax Lori	6:30 – 7:25pm Full Body Boot Camp - Carol			

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