

# Group Exercise Schedule

At BayCare Fitness Centers | MAY 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 – 6:30am Interval Training <b>Steve</b>	5:15 – 6:15am Cycle <b>Nancy Bentley</b>	5:30 – 6:30am Tabata Training <b>Trina</b>	5:30 – 6:30am Cycle Core: HIIT <b>Steve</b>	5:15 – 6:15am Interval Training <b>Nancy</b>		
	7:15 – 7:45am Strong 30 <b>Stacy</b>	7:15 – 7:45am Strong 30 <b>Stacy</b>	6:30 - 7:00am All Abs <b>Steve</b>	7 – 7:55am Stability Training <b>Terri</b>		
8 – 8:50am Tai Chi/Qigong <b>Mary</b>	8 – 8:55am Stability Training <b>Terri</b>	8 – 8:50am Tai Chi/Qi Gong <b>Mary</b>	8 – 8:55am Gentle Yoga <b>Mary</b>	8 – 8:55am Zumba Toning <b>Terri</b>		
9 – 9:55am Circuit Step <b>Nancy Bentley</b>	9 – 9:55am Interval Training <b>Terri</b>	9 – 9:55am Cardio Bootcamp <b>Sandi</b>		9 – 10:00am Cycle Circuit <b>Nancy Bentley</b>	7:45 – 8:45am Cycle Circuit <b>Steve</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>		10:35 – 11:25am SilverSneakers BOOM <b>Michelle</b>	9 – 9:55am Zumba <b>Kathleen/ Sharon/Megan</b>	
11 -11:30am Functional Movement Improvement 30 <b>Elaine</b>	11 – 11:55am Stretch & Relax <b>Sandi</b>	11:35 – 12:15pm Silver Sneakers Yoga <b>Mary</b>	11 – 11:55am Silver Sneakers Cardio <b>Michelle</b>	11:35 – 12:20pm Silver Sneakers Classic <b>Michelle</b>	10 – 11am Yoga <b>Kathleen</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.

**Hours:** 5am – 10pm, Monday – Friday | 7am – 7pm, 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.

**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 <b>Kathleen</b>		12:30 – 1:25pm SilverSneakers BOOM <b>Michelle</b>		12:35 – 1:50 Restorative Yoga <b>Debi</b>		
1:30 – 2:30pm Tai Chi/Qi Gong <b>David</b>	1 – 2pm Functional Movement Improvement <b>Elaine</b>	1:30 – 2:30pm Tai Chi/Qi Gong <b>David</b>				
2:35 – 3:50pm Restorative Yoga <b>Debi</b>	3:30 – 4:25pm Tai Chi Sword <b>David</b>	2:35 – 3:35pm All About Balance <b>Elaine</b>		2 – 3:00pm Oasis Yoga Cancer Program <b>Debi</b>		
			4 – 4:55pm Mat Pilates <b>Lori</b>			
5:30 – 6:25pm Body Blast <b>Sandi</b>		5:30 – 6:25pm Total Body Training <b>Lori</b>	5:30 – 6:25pm Tabata Training <b>Donna</b>			
		6:30 – 7:15pm Stretch & Relax <b>Lori</b>				

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