

Group Exercise Schedule

At BayCare Fitness Centers | JULY 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:30 – 6:20am Cycle Nancy		5:30 – 6:20am Cycle Nancy			
9 – 9:50am Circuit Step Nancy	9 – 9:50am Zumba® Terri	9 – 9:50am Cardio Boot Camp Sandi	9 – 9:50am Interval Training Nancy	9:00 – 9:50am Tai Chi David	8:45 – 9:35am Zumba® Sharon/Megan/Kathleen	
10:15 – 11:05am Functional Boot Camp - Amy	10:30 – 11:20am SilverSneakers® Classic – Terri	10:30 – 11:20am SilverSneakers® Stability – Elaine	10:15 – 11:05am HIIT Amy	10:30 – 11:20am SilverSneakers® Cardio - Kathleen	9:50 – 10:40am Vinyasa Flow Yoga Kathleen	
11:35am – 12:25pm Yin Yoga Whitney	11:35am – 12:25pm Functional Movement Improvement – Elaine	11:35am – 12:25pm SilverSneakers® Chair Yoga – Mary	11:35am – 12:25pm SilverSneakers® Classic – Elaine	11:35am – 12:25pm Functional Movement Improvement – Mary		
	1:30 – 2:20pm Tai Chi David					
5:30 – 6:20pm Body Blast Sandi	5:30 – 6:20pm Yoga Whitney	5:30 – 6:20pm Total Body Training Lori	5:30 – 6:20pm Tabata Training Donna			

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/BayCareFitnessPalmHarbor](https://www.facebook.com/BayCareFitnessPalmHarbor)

■ Cycle ■ New this month

BayCare Fitness Center – Palm Harbor

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