

# Group Exercise Schedule

At BayCare Fitness Centers | SEPTEMBER 2019



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 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 – 7:55am Vinyasa Flow Yoga <b>Whitney</b>	7 – 7:55am Vinyasa Flow Yoga <b>Whitney</b>	7 – 7:55am Vinyasa Flow Yoga <b>Whitney</b>	6:30 - 7:00am All Abs <b>Steve</b>	7 – 7:55am Stability Training <b>Carol</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 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 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 Yoga <b>Kathleen</b>	
11 -11:30am FMI 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>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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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:30 – 1:25pm Zumba <b>Kathleen</b>		12:30 – 1:25pm Silver Sneakers BOOM <b>Kathleen</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 – 4:00pm 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 – 6:30pm Private Programming (Please do not enter)	5:30 – 6:25pm Total Body Training <b>Lori</b>	5:30 – 6:25pm Tabata Training <b>Donna</b>			
6:30 – 7:25pm Power Yoga <b>Whitney</b>	6:30 – 7:25pm Power Yoga <b>Whitney</b>	6:30 – 7:15pm Stretch & Relax <b>Lori</b>	6:30 – 7:25pm Full Body Boot Camp - <b>Carol</b>			

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