

Group Fitness Schedule

at BayCare Fitness Center Bloomingdale | April 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:15am - 6:15am Interval Training Melissa	5:15am - 6:05am Core & More Melissa	5:30am - 6:00am Express Cycle Melissa			Special Offerings
7:00 - 7:50am HIIT Brad	6:30am - 7:20am Total Body Training Rebecca	6:45am - 7:15am Express Core Rebecca	6:15am - 6:45am Express Total Body Melissa	6:30am - 7:20am Cycle Melissa		<p>25 in 5 Challenge! Take 25 classes in 5 weeks to enter a chance drawing for a Fitness Gift Bag with \$50 Lululemon gift card! April 1 - May 5 See front desk for details</p> <p>Functional Focus with Gavin! Thursdays at 5pm. See front desk for details.</p>
8:15am - 8:45am Express Cycle Erika	8:00am - 8:50am Original Flow Leslie	8:00am - 8:50am Barbell Sandra	8:00am - 8:50am Original Flow Leslie	8:00am - 8:50am Original Flow Leslie	8:15am - 9:05am Barbell Rebecca/Melissa	
9:00am - 9:50am Barre Strong Amy	9:00am - 9:50am Mat Pilates Leslie	9:00am - 9:30am Beginner Cycle Namgay	9:00am - 9:50am Renew Leslie	8:15am - 8:45am Beginner Cycle Erika	9:15am - 10:05am Cycle Melissa	
10:00am - 10:50am Vinyasa Yoga Namgay	10:00am - 10:50am Silver Fitness Brad	9:00am - 9:50am Stretch & Strength Yoga LaMor	9:00am - 9:50am Gentle Yoga LaMor	9:00am - 9:50am Barre, Cardio, & Core Leslie	9:15am - 10:05am Total Body Flow Rebecca	
11:00am - 11:30am Express Core Amy	10:00am - 10:50am Original Flow Leslie	10:00am - 10:50am SilverSneakers® Chair Yoga LaMor	10:00am - 10:50am SilverSneakers® BOOM LaMor	9:00am - 9:50am Beginner Circuit Brad	10:30am - 11:20am Zumba® Vaishali (4/13 & 4/20)	
11:30am - 12:20pm Cycle Charlene	11:00am - 11:50am SilverSneakers® BOOM LaMor	11:30am - 12:20pm Sculpt Cycle Charlene	10:00am - 10:50am Barre Cardio Core Leslie - see front desk	10:00am - 10:50am Balance & Core Tara	9:00am - 9:50am Original Flow Leslie (6th, 20th, 27th)	
	11:00am - 11:50am Barre Cardio Core Leslie		11:00am - 11:50am Mobility & Balance Brad		10:00am - 10:50am Pilates Circuit Training Leslie (6th, 20th, 27th)	
	12:00pm - 12:50pm Int./Adv. Yoga TRX LaMor		11:00am - 11:50am Intro to Reformer Leslie - see front desk		11:00am - 11:50am Intro to Reformer Leslie - see front desk	
					12 - 1p Private Programming	
5:00pm - 5:50pm Barbell & Core Sandra	4:15pm - 5:00pm Cycle Erika					<p>Ask about our Specialty Programs:</p> <p>Medical Fitness Studio Pilates Golf Fitness Maternity Fitness POWER</p>
5:45pm - 6:30pm Cycle Rebecca	5:15pm - 5:45pm STRONG 30® Sandra		5:15pm - 5:45pm Express Core Rebecca			
6:00pm - 6:50pm Zumba® Sandra	6:00pm - 6:30pm Express Zumba Step® Sandra	6:00pm - 6:50pm Power Yoga Elyse	6:00pm - 6:50pm Gentle Yoga Rebecca			
	6:00pm - 6:50pm Circuit Training Brad					

To ensure your space in a class, register in advance at the front desk, the Pulse Access app, or the Member Portal at GymPayment.com

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. Hard soled athletic shoes required for cycling classes.

Fitness Center Hours: 5am - 9pm Monday - Thursday | 5am - 8pm Friday | 8am - 4pm Saturday and Sunday

Cycle Class | **New This Month** | **Fee Class** | **(O)** - Outdoor Class (weather permitting)

The Silver&Fit program is provided by American Specialty Health Fitness, Inc. (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH).

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