

Get Into Fitness Today (GIFT) Class Schedule



Get Into Fitness Today (GIFT) is a free program offered to the community and made possible through BayCare's partnership with the Florida State Department of Health. GIFT was developed by registered dietitians, nurses and health educators, and uses science-based information to reduce chronic diseases through obesity prevention. GIFT emphasizes improving your nutrition and increasing physical activity in your daily life, both of which help facilitate weight reduction.

During this 12-week program, teachers provide you educational information and health tools to support your goals. The first six weeks focus on nutrition, food portioning and labels, while the second six weeks focus on maintenance, fitness and preventing disease.

Note: The class is more educational and offers only a light portion of physical exercise toward the end of the program.

Who can attend?

Any individual with a body mass index (BMI) of 25 or higher and/or pre-hypertension (high blood pressure). Must be 18 or older.

How long is the class?

One hour a week for 12 weeks

What do I wear?

Casual, comfortable clothes. Sneakers or closed-toe shoes are suggested, but not required.



Virtual Class Information

At BayCare, your health is our number one priority. In order to reduce the risks of COVID-19, we have made many classes online. Until further notice, as you register for classes, your facilitator should be reaching out individually step-by-step instructions on how to attend each virtual class.

Wednesdays, January 5-March 23
2-3pm

Sponsored by Healthy St. Pete

Thursdays, January 6-March 24
6-7pm

Clase en español

Sponsored by BayCare

Tuesdays, January 11-March 29
6-7pm

Sponsored by BayCare

Mondays, January 17-April 4
1-2pm

Sponsored by Hillsborough County

Registration is required. To enroll in this program, go to [BayCareEvents.org](https://www.baycare.org/BayCareEvents.org). For more information, email GetHealthy@baycare.org or call (727) 467-4991.