

Group Fitness Schedule

at BayCare Fitness Center Bloomingdale | July 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am – 6:20am Strength Training Rebecca	5:15am – 6:05am Cardio Kickboxing JT	5:15am – 6:05am Cycle Rebecca	5:15am – 6:05am Circuit Training JT	5:15am – 6:05am Cycle Melissa	8:00am - 8:50am VIRTUAL Maternity & Motherhood Fitness (see front desk)	
6:30am – 7:20am Cardio & Core Brad	6:30am – 7:20am Circuit Training JT (O)	6:30am – 7:20am Total Body Training Amy	6:30am – 7:20am HIIT & Stretch Amy			
					8:15am – 9:05am Cardio Kickboxing JT	
8:00am – 8:50am Monday Mashup Amy	9:00am - 9:50am VIRTUAL Maternity & Motherhood Fitness (see front desk)	8:00am – 8:50am Barbell Sandra			9:15am – 10:05am Cycle	
9:00am – 9:50am Barre Amy	9:00am – 9:50am Mat Pilates Leslie	9:00am – 9:50am Stretch & Strength Yoga LaMor	9:00am – 9:50am Gentle Yoga LaMor	9:00am – 9:50am Strength & Cardio Brad	9:15am – 10:05am PIYO® Stephanie	
10:00am – 10:50am Vinyasa Yoga Samantha	10:00am – 10:50am Starting Out Strong Brad	10:00am – 10:50am SilverSneakers® Enerchi JT	10:00am – 10:50am SilverSneakers® BOOM LaMor	10:00am – 10:50am Balance & Core Tara		
	11:00am – 11:50am Int./Adv. Yoga TRX LaMor	11:00am – 11:50am SilverSneakers® Chair Yoga LaMor	11:00am – 11:50am Mobility for Daily Activity Brad	11:00am – 11:50am Cardio Kickboxing JT		
11:30am – 12:20pm Cycle Charlene	12:00pm – 12:50pm Beginner Yoga TRX LaMor	11:30am – 12:20pm Sculpt Cycle Charlene		12:00pm – 12:50pm SilverSneakers® Enerchi JT	12:00pm – 1:30pm Specially Fit Workout (Private programming)	Check out the Pop Ups schedule!
		12:00pm – 1:00pm Specially Fit Workout (Private programming)				We partner with:
	5:00pm - 6:00pm Golf Mobility Brad (book at front desk)	2:00 – 2:50pm Balance & Core Tara		5:00pm - 6:00pm Golf Mobility Brad (book at front desk)	<p>Ask about scheduling your FREE Intro to Pilates Reformer Session!</p>	
5:00pm – 5:50pm Mat Pilates Rebecca	5:00pm – 5:50pm Barre Amy		5:00pm – 5:50pm Zumba® Sandra			
6:00pm – 6:50pm Zumba® Sandra	6:00pm – 6:50pm Circuit Training Brad	6:00pm – 6:50pm Stretch & Strength Yoga Elyse	6:00pm – 6:50pm Restorative Yoga/Meditation LaMor	6:00pm – 6:50pm Circuit Training Brad		
6:00pm – 6:50pm Cycle Rebecca		6:00pm - 6:50pm VIRTUAL Maternity & Motherhood Fitness (see front desk)				
			7:00pm – 7:50pm Cardio Kickboxing JT			

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)

BayCare Fitness Center - Bloomingdale

2470 Bloomingdale Avenue

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BayCareFitness.org

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