

# Group Exercise Schedule

At BayCare Fitness Centers | October 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 – 6:05am Full Body Boot Camp <b>Brad</b>	5:15 – 6:05am Cardio Boxing <b>JT</b>	5:15 – 6:05am Cycle <b>Melissa</b>		5:15 – 6:05am Cycle <b>Bruce</b>		
					8:15 – 9:05am Cycle <b>Bruce / Melissa</b>	
9:00 – 9:50am Barre <b>Amy</b>	9:00 – 9:50am Zumba Gold™ <b>Sandra B.</b>	9:00 – 9:50am Stretch & Strength Yoga <b>LaMor</b>	9:00 – 9:50am Gentle Yoga <b>LaMor</b>	9:00 – 9:50am 15/15/15 <b>Brad</b>	9:15 – 10:05am PIYO® <b>Stephanie</b>	<b>Serenity Sundays</b>
10:30 – 11:20am Vinyasa Yoga <b>Samantha</b>	10:30 – 11:20am Mat Pilates <b>Leslie</b>	10:30 – 11:20am Cardio Boxing <b>JT</b>		10:30 – 11:20am Mat Pilates <b>Leslie</b>		Invite your friends to a free community event every Sunday at the BayCare HealthHub
			11:00 – 11:50am Zumba® <b>Sandra</b>		11:15 – 12:05pm Intro to Pilates Reformer <b>Leslie</b> (by appointment only)	1st Sunday Tai Chi 9am-10am Turf 10/4, 11/1, 12/6
11:30am – 12:20pm Cycle <b>Charlene</b>		11:30 – 12:20pm Sculpt Cycle <b>Charlene</b>				2nd Sunday Yoga 3:30-4:30pm Turf 10/11, 11/8, 12/13
6:00 – 6:50pm Zumba® <b>Sandra</b>	6:00 – 6:50pm Circuit Training <b>Brad</b>	6:00 – 6:50pm PIYO® <b>Stephanie</b>	6:00 – 6:50pm Restorative Yoga & Meditation <b>LaMor</b>	6:00 – 6:50pm Circuit Training <b>Brad</b>		3rd Sunday Sunrise Yoga 8am-9am Turf 10/18, 11/15, 12/20
		6:30 – 7:20pm Cycle <b>Melissa</b>	6:35 – 7:25pm Intro to Pilates Reformer <b>Leslie</b> (by appointment only)			4th Sunday Intro to PiYo 9am-10am GroupEx 1025, 11/22, 12/27

**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.

Hard soled athletic shoes required for cycling classes.

**Hours:** 5am – 8pm, Monday – Friday | 8am – 5pm, Saturday and Sunday

Facebook.com/BayCareFitnessBloomingtondale ■ Cycle ■ New this month

## BayCare Fitness Center - Bloomingtondale

2470 Bloomingtondale Ave. Valrico, FL 33596

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