

# Group Exercise Schedule

At BayCare Fitness Centers | October 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			5:30 - 6:15am Strength Training <b>Trina</b>			
8:30 - 9:20am Intermediate Mat Pilates – <b>Maud</b>	8:30 - 9:20am Total Body Training <b>Renee</b>	8:30 - 9:20am Barre <b>Leslie</b>	8:30 - 9:20am Total Body Training <b>Renee</b>	9 - 9:50am Int./Advanced Mat Pilates <b>Maud (new time)</b>		
9:35 – 10:25am Step <b>Leslie</b>	9:35 – 10:25am Low Impact Aerobics <b>Leslie</b>	9:35 – 10:25am Stretch & Relax <b>Leslie</b>	9:35 – 10:25am Gentle Yoga <b>Kathleen</b>	10 – 10:50am Barre <b>Maud (new time)</b>	9 - 9:50am Strength Training <b>Trina/Don</b>	
			10:35 – 11:25am Zumba® <b>Nicole</b>		10:05 - 10:55am Yoga <b>Sara/Karen</b>	
12 – 12:50pm Upper Body & Core <b>Leslie</b>		12 – 12:50pm Lower Body & Core <b>Leslie</b>				
	1 - 1:45pm SilverSneakers® Yoga <b>Wendy</b>		1:00 - 1:45pm SilverSneakers® Yoga <b>Wendy</b>	1 - 1:50pm Life Improvement Program – <b>Joy</b>		
	2 – 3pm Private Programming		2 – 3pm Private Programming			
				4:30 - 5:20pm Interval Training <b>Joy</b>		
5:30 - 6:20pm Strength Training <b>Don</b>	5:30 - 6:20pm Cardio Boxing <b>Sandi</b>	5:30 - 6:20pm Beginner Pilates <b>Gila</b>	5:30 - 6:20pm Boxing Boot Camp <b>Don</b>			
6:30 - 7:20pm Zumba® <b>Nicole</b>	6:30 - 7:20pm Gentle Yoga <b>Cathleen</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 10 participants.

**Hours:** 5am – 8pm, Monday – Friday | 8am – 5pm, Saturday and Sunday  
Facebook.com/BayCareFitnessCheekPowell

■ Cycle ■ New this month

## Cheek-Powell Fitness Center

455 Pinellas St. Clearwater, FL 33756  
(727) 462-7685 BayCareFitnessCenters.org

