

# Group Exercise Schedule

At BayCare Fitness Centers | October 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:30 – 6:20am Cycle Nancy		5:30 – 6:20am Cycle Nancy	5:30 – 6:20am P90X® LIVE! Trina		
8 – 8:50am Yin Yoga Whitney		8 – 8:50am Tai Chi Mary		8 – 8:50am Gentle Yoga Mary	Saturday classes have a new time beginning Oct 3 <sup>rd</sup>	
9 – 9:50am Circuit Step Nancy	9 – 9:50am Zumba® Terri	9 – 9:50am Cardio Boot Camp Sandi	9 – 9:50am Interval Training Carol	9 – 9:50am Tai Chi David	9 – 9:50am Zumba® Sharon/Megan/Kathleen	
10:15 – 11:05am Functional Boot Camp - Amy	10:30 – 11:20am SilverSneakers® Classic – Terri	10:30 – 11:20am SilverSneakers® Stability – Elaine	10:15 – 11:05am HIIT Amy	10:30 – 11:20am SilverSneakers® Cardio - Kathleen	10 – 10:50am Vinyasa Flow Yoga Kathleen	
	11:35am – 12:25pm Functional Movement Improvement – Elaine	11:35am – 12:25pm SilverSneakers® Chair Yoga – Mary	11:35am – 12:25pm SilverSneakers® Classic – Elaine	11:35am – 12:25pm Functional Movement Improvement – Mary		
	1:30 – 2:20pm Tai Chi David					
5:30 – 6:20pm Body Blast Sandi		5:30 – 6:20pm Total Body Training Lori	5:30 – 6:20pm Tabata Training Donna			

**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/BayCareFitnessPalmHarbor](https://www.facebook.com/BayCareFitnessPalmHarbor)

■ Cycle ■ New this month

**BayCare Fitness Center – Palm Harbor**

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(727) 772-2254 | [BayCareFitnessCenters.org](http://BayCareFitnessCenters.org)

