

# Group Fitness Schedule

at BayCare Fitness Center Bloomingdale | March 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:15am - 6:20am Interval Training <b>Melissa</b>	5:15am - 6:05am Core & More <b>Melissa</b>	5:15am - 6:20am Sculpt Cycle <b>Melissa</b>			<b>Holiday &amp; Special Offerings</b>
7:00 - 7:50am HIIT <b>Brad</b>	6:30am - 7:20am Total Body Training <b>Rebecca</b>	6:45am - 7:15am Express Core <b>Rebecca</b>	6:30am - 7:20am Total Body Training <b>Amy</b>	6:30am - 7:20am Cycle <b>Melissa</b>		Paws & Pilates with Leslie Sat. March 2nd at 9am Outdoor Turf
8:20am - 8:50am Express Cycle <b>Erika</b>	8:00am - 8:50am Original Flow <b>Leslie</b>	8:00am - 8:50am Barbell <b>Sandra</b>	8:00am - 8:50am Original Flow <b>Leslie</b>	8:00am - 8:50am Original Flow <b>Leslie</b>	8:15am - 9:05am Barbell <b>Rebecca/Melissa</b>	Functional Focus with Gavin Thursdays at 5pm See Front Desk for details.
9:00am - 9:50am Barre Strong <b>Amy</b>	9:00am - 9:50am Mat Pilates <b>Leslie</b>	9:00am - 9:30am Beginner Cycle <b>Namgay</b>	9:00am - 9:50am Renew <b>Leslie</b>	8:15am - 8:45am Beginner Cycle <b>Erika</b>	9:15am - 10:05am Cycle <b>Melissa</b>	Shamrock Saturday! Wear green for photos with your instructor. Saturday, March 16
10:00am - 10:50am Vinyasa Yoga <b>Namgay</b>	10:00am - 10:50am Silver Fitness <b>Brad</b>	9:00am - 9:50am Stretch & Strength Yoga <b>LaMor</b>	9:00am - 9:50am Gentle Yoga <b>LaMor</b>	9:00am - 9:50am Barre, Cardio, & Core <b>Leslie</b>	9:15am - 10:05am Total Body Flow <b>Rebecca</b>	Fitness Center Fifth Anniversary Member Appreciation Celebration Tuesday, March 19
11:00am - 11:30am Express Core <b>Amy</b>	10:00am - 10:50am Original Flow <b>Leslie</b>	10:00am - 10:50am SilverSneakers® Chair Yoga <b>LaMor</b>	10:00am - 10:50am SilverSneakers® BOOM <b>LaMor</b>	9:00am - 9:50am Beginner Circuit <b>Brad</b>	9:00am - 9:50am Original Flow <b>Leslie (9th &amp; 23rd)</b>	Yoga Nidra for Vitality with LaMor Wed, March 20 at 12:00pm See Front Desk for details.
11:30am - 12:20pm Cycle <b>Charlene</b>	11:00am - 11:50am SilverSneakers® BOOM <b>LaMor</b>	11:30am - 12:20pm Sculpt Cycle <b>Charlene</b>	10:00am - 10:50am Intro to Reformer <b>Leslie - see front desk</b>	10:00am - 10:50am Balance & Core <b>Tara</b>	10:00am - 10:50am Pilates Circuit Training <b>Leslie (9th &amp; 23rd)</b>	Cycle 101 Fri, March 22 at 12pm w/Charlene Mon, March 25 at 5pm w/Rebecca
	12:00pm - 12:50pm Int./Adv. Yoga TRX <b>LaMor</b>		11:00am - 11:50am Mobility & Balance <b>Brad</b>	11:00am - 11:50am Slow Flow Reset Yoga <b>Sallie</b>	11:00am - 11:50am Intro to Reformer <b>Leslie - see front desk</b>	Regular classes on Easter Sunday, March 31 Center Hours 8am to 2pm
					12 - 1p Private Programming	
						We partner with:
5:00pm - 5:50pm Barbell & Core <b>Sandra</b>	4:20pm - 5:05pm Cycle <b>Erika</b>					<b>Ask about our Specialty Programs:</b>  Medical Fitness Studio Pilates Golf Fitness Maternity Fitness POWER
5:45pm - 6:30pm Cycle <b>Rebecca</b>	5:15pm - 5:45pm STRONG 30® <b>Sandra</b>		5:20pm - 5:50pm Express Core <b>Rebecca</b>			
6:00pm - 6:50pm Zumba® <b>Sandra</b>	6:00pm - 6:50pm Circuit Training <b>Brad</b>	6:00pm - 6:50pm Power Yoga <b>Elyse</b>	6:00pm - 6:50pm Gentle Yoga <b>Rebecca</b>			

To ensure your space in a class, register in advance at the front desk, the Pulse Access app, or the Member Portal at [GymPayment.com](https://www.baycarefitness.com)

**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

**Program Class** | **New This Month** | **Fee Class** | **(O) - Outdoor Class (weather permitting)**

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