

Safety Harbor Resort and Spa Fitness Center Schedule for Members, Hotel and Day Guests

Daily Hours for access in Spa/Fitness: **6:00 am – 10:00 pm**

EFFECTIVE: thru May 31, 2019

Fitness 727-724-7725 x7833

Membership 727-724-7718

Please be **ON TIME** for each class **Subject to Change-LAST MINUTE CHANGES MAY OCCUR IN SCHEDULE**

	Sunday	Rm	Monday	Rm	Tuesday	Rm	Wednesday	Rm	Thursday	Rm	Friday	Rm	Saturday	Rm
6:30					Location of classes:	G2 = F/P = R/K	= Gym 2 = Fitness Pool = Robe & Key	Or Or	Group Ex room Lap Pool		New Time →		Morning Boot Camp	G/2
8:30	Bring layers to relaxation classes		Arrive Early for Set-up ↓↓↓						Kundalini Yoga on 5-9 & 5-23 May 9 th and May 23 rd only		Arrive Early for Set-up ↓↓↓		Boardwalk Walk 8:00	R & K
9:00-10:00			Seated Cycle & Core	G/2			Spin Class	G/2			Seated Cycle Core & More	G/2	Total Body Conditioning	G/2
10:00 & 10:00	Total Body Conditioning	G/2			Total Body Conditioning	G/2			Total Body Conditioning	G/2			Zumba Dance	G/2
10:00	Water Aerobics	F/P	Water Aerobics	F/P	Water Aerobics	F/P	Water Aerobics	F/P	Aqua Zumba	F/P	Water Aerobics	F/P	Water Aerobics	F/P
11:00 & 11:00	Water Works	F/P	Water Works	F/P	Water Works	F/P	Water Works	F/P	Water Works	F/P	Water Works	F/P	Water Works	F/P
11:00	Standing Core	G/2	Tri-Level Pilates	G/2	Beginner Pilates	G/2	Yogalates	G/2	Pi-Yo	G/2	Standing Pilates	G/2	Yogalates	G/2
12:00 -1:00	Stretch and Relax	G/2	Stretch and Relax	G/2	Stretch and Relax	G/2	Stretch and Relax	G/2	Stretch and Relax	G/2	Stretch and Relax	G/2	Stretch and Relax	G/2
1:00-2:00			Aqua Yoga	F/P			Aqua Yoga	F/P			Aqua Yoga	F/P		
4:00-5:00	Gentle Yoga and Stretch (one hour)	G/2	Beginner Tai Chi (30 minutes)	G/2					Classic Yoga (one hour)	G/2				
4:30-5:30			Tai Chi (one hour)	G/2										
5:30-6:30	Any day of the week, by appt. Training 3 half-hours For \$109.00 6 half-hours for \$199.00 				Gentle Yoga & Stretch(50 Min)	G/2			Yogalates (One Hour)	G/2			Shirts & athletic shoes must be worn in the Fitness Department 	
6:00-7:00			SPIN Class	G/2										
6:30-7:30						Zumba Dance	G/2	Twilight Yoga (50 Min. gentle)	G/2	Boot Camp Cardio	G/2			
7:00-8:00			Gentle Yoga & Meditation	G/2				Yoga followed with Guided Meditation)	G/2					

No Lap Swimming is permitted in Lap/Fitness Pool during scheduled Water Class Times.

During colder climates, water class participants may want to wear warmer weather water attire. All water & outdoor classes will be held weather permitting. Private training upon request: Any classes on our schedule are offered as private training by appointment. X7833 for more information.