

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 September 30, 2018 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**

Do not Enter Group Exercise Room when doors are closed. There are times that may not be listed on this schedule where the room is in use.

Time	Sunday	Rm	Monday	Rm	Tuesday	Rm	Wednesday	Rm	Thursday	Rm	Friday	Rm	Saturday	Rm
8:00			Arrive Early for Set-up ↓↓↓		Location of classes:	G2 = Gym 2 F/P = Fitness Pool R/K = Robe & Key	Or Or	Gym 2 Fitness Pool Robe & Key	Group Ex room Lap Pool		Arrive Early for Set-up ↓↓↓		Boardwalk Walk Penny/Anne	R & K
9:00-10:00			Seated Cycle & Core Lori	G/2							Seated Cycle Core & More with Lori	G/2	Total Body Condition--- Penny/Anne	G/2
10:00 &	Total Body Conditioning with John	G/2			Total Body Conditioning with John	G/2	Spin with Laura	G/2	Total Body Conditioning with John	G/2	Seated Cycle & Core Laura/Melissa	G/2	Zumba Dance (Shared)	G/2
10:00	Water Aerobics	F/P	Water Aerobics	F/P	Water Aerobics Debra	F/P	Water Aerobics Penny/Mary	F/P	Aqua Zumba w/ Mary Brown	F/P	Water Aerobics with Sue	F/P	Water Aerobics Mary/Terrie	F/P
11:00 &	Water Works (Shared)	F/P	Water Works Debra	F/P	Water Works Debra	F/P	Water Works Penny/Mary	F/P	Water Works Penny	F/P	Water Works with Sue	F/P	Water Works Mary/Terrie	F/P
11:00	Standing Core Lori/Laura	G/2	Tri-Level Pilates Lori	G/2	Pi-Yo with Mary	G/2	Yogalates with Laura	G/2	Beginner Pilates - Mary	G/2	Standing Pilates w/Lori	G/2	Yogalates Penny/Mary	G/2
12:00 -1:00	Stretch and Relax Lori/Laura	G/2	Stretch and Relax with Lori	G/2	Stretch and Relax with Debra	G/2	Stretch and Relax with Laura	G/2	Stretch and Relax with Penny	G/2	Stretch and Relax Laura/Penny	G/2	Stretch and Relax with Penny/Mary	G/2
1:00-2:00			Aqua Bliss Debra	F/P			Aqua Yoga Penny	F/P			Aqua Yoga (Shared)	F/P		
4:00-5:00	Yoga (Shared) (one hour)	G/2	Beginner Tai Chi (30 min)	G/2					Classic Yoga Penny (one hour)	G/2				
4:30-5:00			Tai Chi -Kent (one hour)	G/2										
5:30-6:30	Specific to your Body Personal Training 3 half-hours For \$109.00 6 half-hours for \$199.00 			G/2	Gentle Yoga and	G/2	Step and Sculpt with Laura	G/2	Yogalates with	G/2			Shirts & athletic shoes must be worn in the Fitness Department 	
6:00-7:00			SPIN Class with Anne		Stretch with Ann (50 minutes)	Penny & Mary (one hour)								
6:30-7:30					Zumba Dance (Shared)	Core Yoga Nancy/Anna								
7:30-8:30			Restorative Yoga & Meditation with Ann		Stretch, Relax and Meditation Nancy/ Anna	7:00 p.m. Belly Dance with Alexandra (One hour)								

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.