

# 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 March 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**

Time	Sunday	Rm	Monday	Rm	Tuesday	Rm	Wednesday	Rm	Thursday	Rm	Friday	Rm	Saturday	Rm
8:00	Bring layers to relaxation classes		Arrive Early for Set-up ↓↓↓		Location of classes:	G2 = Gym 2 F/P = Fitness Pool R/K = Robe & Key	=	Gym 2 Or Fitness Pool Or Robe & Key	Group Ex room Lap Pool		Arrive Early for Set-up ↓↓↓		Boardwalk Walk	R & K
9:00-10:00			Seated Cycle & Core	G/2							Seated Cycle Core & More	G/2	Total Body Condition---	G/2
10:00 &	Total Body Conditioning	G/2			Total Body Conditioning	G/2	Spin Class	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 &	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	Pi-Yo	G/2	Yogalates	G/2	Beginner Pilates	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			March 30 <sup>th</sup> Kundalini Yoga with Janice	
4:30-5:30			Tai Chi (one hour)	G/2										
5:30-6:30	Any day of the week, by appt. Training				Gentle Yoga & Stretch (50 Min)	G/2	Step Class	G/2	Yogalates (One Hour)	G/2			Shirts & athletic shoes must be worn in the Fitness Department 	
6:00-7:00	3 half-hours For \$109.00		SPIN Class	G/2							NEW TIME 6:30 p.m. ↓↓↓↓			
6:30-7:30	6 half-hours for \$199.00				Zumba Dance	G/2	Core Yoga	G/2	Boot Camp Cardio	G/2	Zumba Dance	G/2		
7:00-8:00			Gentle Yoga & Meditation	G/2			7:30 Stretch, Relax and Meditation	G/2			alternating with Dance Fusion with Alexandra			

**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.