

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 December 31, 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**

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	=	Gym 2 Or Fitness Pool Or Robe & Key	Group Ex room Or Lap Pool		Arrive Early for Set-up ↓↓↓		Boardwalk Walk Penny	R & K
9:00-10:00	Bring layers to relaxation classes		Seated Cycle & Core Lori	G/2							Seated Cycle Core & More with Lori	G/2	Total Body Condition--- Penny	G/2
10:00 &	Total Body Conditioning with John	G/2			Total Body Conditioning with John	G/2			Total Body Conditioning with John	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 Lorena/Elaine	F/P	WaterAerobics Mary/Elaine	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 Lorena/Elaine	F/P	Water Works Lorena/Elaine	F/P	Water Works Mary/Elaine	F/P
11:00	Standing Core (Shared)	G/2	Tri-Level Pilates Lori	G/2	Pi-Yo with Elaine	G/2	Yogalates Lorena/Elaine	G/2	Beginner Pilates-Debra	G/2	Standing Pilates w/Lori	G/2	Yogalates Penny	G/2
12:00 -1:00	Stretch and Relax (Shared)	G/2	Stretch and Relax with Lori	G/2	Stretch and Relax with Debra	G/2	Stretch and Relax with Lorena/Elaine	G/2	Stretch and Relax Lorena/Elaine	G/2	Stretch and Relax Lorena/Elaine	G/2	Stretch and Relax with Penny	G/2
1:00-2:00			Aqua Yoga Debra	F/P			Aqua Yoga Penny	F/P			Aqua Yoga Lorena/Elaine	F/P		
4:00-5:00	Yoga (Shared) (one hour)	G/2	Beginner Tai Chi (30 minutes)	G/2					Classic Yoga Penny (one hour)	G/2				
4:30-5:30			Tai Chi (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 		ALL TAI CHI IS DEC.10/17 ONLY		Gentle Yoga & Stretch/Ann (50 Min)	G/2			Yogalates with Penny (One Hour)	G/2	Watch for Holiday		Shirts & athletic	
6:00-7:00			SPIN Class with Anne	G/2							Fitness schedule		shoes must be worn in the Fitness Department	
6:30-7:30					Zumba Dance (Shared)	G/2	Core Yoga Nancy/Anna	G/2	Belly Dance/Zumba/Carol	G/2				
7:00-8:00				Restorative Yoga & Meditation Ann/Nancy	G/2			7:30 Stretch, Relax and Meditation Nancy/ Anna	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.