





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

Hours for access in Spa/Fitness: Weekdays 6:00 am – 10:00 pm Saturday 8:00 am – 10:00 pm Sunday 8:00 am – 10:00 pm

EFFECTIVE: thru December 31, 2017 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
			Arrive Early for Set-up ↓↓↓		Location of classes:	G2 = Gym 2 F/P = Fitness pool					Arrive Early for Set-up ↓↓↓	G/2		
9:00			Seated Cycle & Core Lori	G/2							Seated Cycle Core & More-Lori	G/2	Total Body Condition--- Penny/Mary	G/2
10:00 &	Total Body Condition with John	G/2	Sport Circuit with John	G/2	Total Body Conditioning with John	G/2	Sport Circuit with John	G/2	Total Body Conditioning with John	G/2	Total Body Conditioning with John	G/2	Zumba Dance	G/2
10:00	Water Aerobics	F/P	Water Aerobics	F/P	Water Aerobics Debra	F/P	Water Aerobics with Mary	F/P	Aqua Zumba w/ Mary Brown	F/P	Water Aerobics With Lorena	F/P	WaterAerobics Mary/Penny	F/P
11:00 &	Water Works (Shared)	F/P	Water Works Debra	F/P	Water Works Debra	F/P	Water Works with Mary	F/P	Water Works with Lorena	F/P	Water Works with Lorena	F/P	Water Works Mary/Penny	F/P
11:00	Ballet Posture/ Standing Pilates(Shared)	G/2	Tri-Level Pilates Lori	G/2	Pi-Yo with Mary	G/2	Yogalates with Lorena	G/2	Beginner Pilates - Mary	G/2	Standing Pilates w/Lori	F/P	Yogalates - Penny/Mary	G/2
12:00	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	G/2	Stretch and Relax with Lorena	G/2	Stretch and Relax with Lorena	G/2	Stretch and Relax with Penny/Mary	G/2
1:00			Aqua Yoga Debra	F/P			Aqua Yoga with Lorena	F/P			Aqua Yoga with Lorena	F/P		
4:00	Yoga (Shared)	G/2	Beginner Tai Chi (30 min)	G/2					Classic Yoga Penny (one hour)	G/2				
4:30			Tai Chi -Kent (one hour)	G/2										
5:30	Personal Fitness				Gentle Yoga and Stretch with Ann (one hour)	G/2	Watch for Special Fitness schedule for the Holidays		Yogalates with Penny & Mary (one hour)	G/2			Shirts & athletic shoes must be worn in the Fitness Department	
6:00	Training 3 half-hours For \$109.00		Hard Core Cardio and Conditioning with John (45 min.)	G/2	Core & More (Shared)	G/2	Core Yoga Nancy/Anna	G/2						
6:30	6 half-hours for \$199.00													
7:30			Restorative Yoga & Meditation with Ann	G/2			Stretch, Relax and Meditation Nancy/ Anna	G/2	7:00 p.m. Belly Dance w/Alexandra	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.