

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 November 30, 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
					Location of classes:	G2 = F/P = R/K	= Gym 2 = Fitness Pool = Robe & Key	Or	Group Ex room Lap Pool					
8:30	Bring layers to relaxation classes		Arrive Early for Set-up ↓↓↓						Thanksgiving Schedule on the back. Spa closes 7 pm		Arrive Early for Set-up ↓↓↓			
9:00-10:00			Seated Cycle Core & More	G/2							Seated Cycle Core & More	G/2	Total Body Conditioning	G/2
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 &	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	Mat Pilates	G/2	Beginner Pilates	G/2	Yogalates	G/2	Pi-Yo	G/2	Standing Core	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							Mindful Yoga (one hour)	G/2				
4:30-5:30														
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	6:40 pm Boot Camp Cardio	G/2				
7:00-8:00							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.