

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 June 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 = Gym 2 F/P = Fitness Pool R/K = Robe & Key | | | | | | | |
| 8:30 | Bring layers to relaxation classes | | Arrive Early for Set-up ↓↓↓ | | | | | | | | Arrive Early for Set-up ↓↓↓ | | | |
| 9:00-10:00 | | | Seated Cycle & Core | G/2 | | | Spin Class | G/2 | | | Seated Cycle Core & More | G/2 | Total Body Conditioning | G/2 |
| 10:00 & 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 & 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 | Beginner Pilates | G/2 | Yogalates | G/2 | Pi-Yo | 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 | | | | | | | Classic 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 | Boot Camp Cardio | G/2 | | | | |
| 7:00-8:00 | | | Gentle Yoga & Meditation | G/2 | | | 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.