


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 July 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 Lap Pool		Arrive Early for Set-up ↓↓↓		Boardwalk Walk w/Penny	R & K
9:00			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 (Shared)	G/2	Seated Cycle & Core with Laura	G/2	Total Body Conditioning (Shared)	G/2	Seated Cycle & Core Lorena	G/2	Zumba Dance (Shared)	G/2
10:00	Water Aerobics	F/P	Water Aerobics	F/P	Water Aerobics Debra	F/P	Water Aerobics Mary/Penny	F/P	Aqua Zumba w/ Mary Brown	F/P	Water Aerobics (Shared)	F/P	WaterAerobics Mary	F/P
11:00 &	Water Works Penny/Sue	F/P	Water Works Debra	F/P	Water Works Debra	F/P	Water Works Mary/Penny	F/P	Water Works Lorena	F/P	Water Works Lorena	F/P	Water Works Mary	F/P
11:00	Standing Core Lori/Laura	G/2	Tri-Level Pilates Lori	G/2	Pi-Yo with Mary	G/2	Yogalates Laura/Penny	G/2	Beginner Pilates - Mary	G/2	Standing Pilates w/Lori	G/2	Pi-Yo with Penny	G/2
12:00	Stretch and Relax Lori/Laura	G/2	Stretch and Relax with Lori	G/2	Stretch and Relax with Debra	G/2	Stretch and Relax Laura/Penny	G/2	Stretch and Relax Lorena	G/2	Stretch and Relax Lorena	G/2	Stretch and Relax with Penny	G/2
1:00			Aqua Bliss Debra	F/P			Aqua Yoga Penny	F/P			Aqua Yoga 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	Specific to your Body Personal Training 3 half-hours For \$109.00 6 half-hours for \$199.00 				Gentle Yoga and	G/2	Step and Sculpt with Laura	G/2	Yogalates with Penny & Mary (one hour)	G/2			Shirts & athletic shoes must be worn in the Fitness Department	
6:00			SPIN Class with - Anne	G/2	Stretch with Ann (one hour)									
6:30					Zumba Dance (Shared)	G/2	Core Yoga Nancy/Anna	G/2						
7:30				Restorative Yoga & Meditation with Ann	G/2			Stretch, Relax and Meditation Nancy/ Anna	G/2	Belly Dance with 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.