

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, 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**

Do not Enter Group Exercise Room when doors are closed. There are times that may not be listed on this schedule where the room is in use.

Time	Sunday	Rm	Monday	Rm	Tuesday	Rm	Wednesday	Rm	Thursday	Rm	Friday	Rm	Saturday	Rm
8:00	Look for Thanksgiving Schedule		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	Spin with Laura	G/2	Total Body Conditioning with John	G/2	Spin with Laura	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 Shared	F/P	Water Aerobics Mary	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 Shared	F/P	Water Works Shared	F/P	Water Works Mary	F/P
11:00	Standing Core (Shared)	G/2	Tri-Level Pilates Lori	G/2	Pi-Yo with Mary	G/2	Yogalates with Laura	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 Laura	G/2	Stretch and Relax Debra	G/2	Stretch and Relax Laura	G/2	Stretch and Relax with Penny	G/2
1:00-2:00			Aqua Bliss Debra	F/P			Aqua Yoga Penny	F/P			Aqua Yoga (Shared)	F/P		
4:00-5:00	Yoga (Shared) (one hour)	G/2	Beginner Tai Chi (30 min)	G/2					Classic Yoga Penny (one hour)	G/2				
4:30-5:00			Tai Chi -Kent (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 				Gentle Yoga and	G/2	Step and Sculpt with Laura	G/2	Yogalates with Penny	G/2			Shirts & athletic shoes must be worn in the Fitness Department 	
6:00-7:00			SPIN Class with Anne	G/2	Stretch with Ann (50 minutes)									
6:30-7:30					Zumba Dance (Shared)	G/2	Core Yoga Nancy/Anna	G/2	7:00 p.m. Alternating Classes: Belly Dance/ Zumba with Debbie	G/2				
7:30-8:30			Restorative Yoga & Meditation Ann/Nancy	G/2			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.