

# 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 April 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
6:30									<b>New Class</b> →		<b>Morning Boot Camp</b>	G/2		
8:00	<b>Bring layers to relaxation classes</b>		<b>Arrive Early for Set-up</b> ↓↓↓		Location of classes: G2 = Gym 2 F/P = Fitness Pool R/K = Robe & Key		Gym 2 Fitness Pool Robe & Key	Or Or	Group Ex room Lap Pool		<b>Arrive Early for Set-up</b> ↓↓↓		<b>Boardwalk Walk</b>	R & K
9:00-10:00			<b>Seated Cycle &amp; Core</b>	G/2			<b>Spin Class</b>	G/2			<b>Seated Cycle Core &amp; More</b>	G/2	<b>Total Body Conditioning</b>	G/2
10:00 & 10:00	<b>Total Body Conditioning</b>	G/2			<b>Total Body Conditioning</b>	G/2	<b>New Time</b>		<b>Total Body Conditioning</b>	G/2			<b>Zumba Dance</b>	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	<b>Standing Core</b>	G/2	<b>Tri-Level Pilates</b>	G/2	<b>Pi-Yo</b>	G/2	<b>Yogalates</b>	G/2	<b>Beginner Pilates</b>	G/2	<b>Standing Pilates</b>	G/2	<b>Yogalates</b>	G/2
12:00-1:00	<b>Stretch and Relax</b>	G/2	<b>Stretch and Relax</b>	G/2	<b>Stretch and Relax</b>	G/2	<b>Stretch and Relax</b>	G/2	<b>Stretch and Relax</b>	G/2	<b>Stretch and Relax</b>	G/2	<b>Stretch and Relax</b>	G/2
1:00-2:00			Aqua Yoga	F/P			Aqua Yoga	F/P			Aqua Yoga	F/P		
4:00-5:00	<b>Gentle Yoga and Stretch</b> (one hour)	G/2	<b>Beginner Tai Chi</b> (30 minutes)	G/2					<b>Classic Yoga</b> (one hour)	G/2			<b>April 27<sup>th</sup> Kundalini Yoga with Janice 4:00</b>	
4:30-5:30			<b>Tai Chi</b> (one hour)	G/2										
5:30-6:30	Any day of the week, by appt. Training				<b>Gentle Yoga &amp; Stretch</b> (50 Min)	G/2			<b>Yogalates</b> (One Hour)	G/2			Shirts & athletic shoes must be worn in the Fitness Department	
6:00-7:00	3 half-hours For \$109.00		<b>SPIN Class</b>	G/2										
6:30-7:30	6 half-hours for \$199.00				<b>Zumba Dance</b>	G/2	<b>Core Yoga</b>	G/2	<b>Boot Camp Cardio</b>	G/2	<b>Zumba Dance or</b>	G/2		
7:00-8:00			<b>Gentle Yoga &amp; Meditation</b>	G/2			<b>7:30 Stretch, Relax and Meditation</b>	G/2			<b>Dance Fusion with Alexandra 6:30 p.m.</b>			

**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.