

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: **August 1 through August 31, 2022**

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 Or F/P = Fitness Pool Or				Group Ex room Or Lap Pool						
	Wear layers to relaxation classes		Arrive Early for Set-up ↓↓↓						Arrive Early for Set-up ↓↓↓					New Class ↓ ↓ ↓ ↓	
9:00	Total Body Conditioning With John	G/2	Seated Cycle Core & More With Lori	G/2	Total Body Condition With John	G/2	Seated Cycle, Yoga & More With Janice	G/2	Total Body Conditioning With John	G/2	Seated Cycle Core & More With Lori	G/2	Fit 4 Life with Wendy	G/2	
10:00													Fitness Dance Class/Zumba	G/2	
10:00	Water Blast	F/P	Water Blast/Aqua Yoga	F/P			Water Blast	F/P	Water Blast	F/P	Water Blast/Aqua Yoga	F/P	Water Blast	F/P	
11:00					Water Blast	F/P			Aqua Zumba	F/P					
11:00			Pilates with Lori	G/2					Core Fusion Elaine/Janice	G/2	Standing Core w/Lori	G/2			
12:00		G/2	Stretch and Relax	G/2	Stretch at the Wall	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	Closed for private class	G/2	Closed for private class	G/2	Closed for private class	G/2	Closed for private class	G/2	Closed for private class	G/2	Closed for private class	G/2	Closed for private class	G/2	
	4:00 p.m. Yoga/Stretch and Relax	G/2	6:30 p.m. Dance/Zumba				6:30 p.m. Yin Yoga (Restorative Relax)		6:00 p.m. Boot Camp Cardio/ John	G/2			hello august		

No Cell Phones in Classes

Shirts & Athletic Shoes must be worn in the Fitness Department

No Cell Phones in Classes

Per Fitness Instructor's discretion, class size may be limited due to social distancing

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 classes will be held weather permitting.

Private training upon request: Any class on our schedule is offered as private training by appointment.

Fitness Instructors reserve the right to close the Group Exercise Room for Private Training.