

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: **October 1 through October 31, 2023**

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 Group Ex room F/P = Fitness Pool Or Lap Pool									
	Wear layers to relaxation classes		Arrive Early for Set-up ↓↓↓						Arrive Early for Set-up ↓↓↓					
9:00	Total Body Conditioning With John	G/2	Seated Cycle Core & More With Lori	G/2	Total Body Condition With John	G/2	Fit 4 Life On hiatus for the summer	G/2	Total Body Conditioning With John	G/2	Seated Cycle Core & More With Lori	G/2	Boot Camp With John	G/2
10:00													Fitness Dance Class/Zumba	G/2
10:00	Water Blast with Tonia	F/P	Water Blast/ Aqua Yoga With Lisa	F/P			Water Blast with Mary	F/P			Water Blast/ Aqua Yoga With Lisa	F/P	Water Blast with Mary/Tonia	F/P
11:00					Water Blast	F/P			Aqua Zumba	F/P				
11:00			Pilates with Lori	G/2			Slow Flow Yoga/Alicia	G/2	Yoga/ Pilates	G/2	Standing Core w/Lori	G/2		
12:00	FitnessDance Class/Zumba	G/2	Stretch and Relax Lori	G/2	Stretch at the Wall	G/2	Yoga Stretch with Alicia	G/2	Stretch and Relax	G/2	Stretch and Relax Lisa	G/2	Stretch and Relax Mary	G/2
1:00-2:00	Closed for private class	G/2	Closed for private class	G2	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. Fitness Dance/ Zumba				6:30 p.m. Gentle Relaxing Evening Yoga	G/2	6:00 p.m. Advanced HIIT Boxing/ John	G/2				

No Cell Phones in Classes

Shirts & Athletic Shoes must be worn in the Fitness Department

No Cell Phones in Classes

Only 16 Years of age and older are permitted in the Spa/Fitness area, past the Robe and Key desk

Lap Swimming is NOT permitted 10 minutes BEFORE, AND DURING water classes in Lap/Fitness Pool during scheduled Water Class Times.

NO Smoking or Music allowed on Lap Pool deck.

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.

Group Exercise Room is available for private events. Contact Mary x7914 for pricing and availability.