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: **November 1 through November 30, 2026** 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 F/P	=Group Class = Fitness Pool	Or	Lap Pool					
	Wear layers to relaxation classes		Arrive Early for Set-up ↓↓↓				Thanksgiving with Lori		9:00 Tabata 10:30 Pilates and Stretch		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			Total Body Conditioning With John	G/2	Seated Cycle Core & More With Lori	G/2	Boot Camp With John	G/2
10:00									11:00 Aqua Zumba				10:00 a.m. Zumba	G/2
10:00 Water	Water Blast	F/P			Water Blast	F/P	Water Blast	F/P	11-5 &11-19 11:00 LapPool	F/P	Water Blast/ Aqua Yoga	F/P	Water Blast	F/P
11:00 water			Water Blast/ Aqua Yoga	F/P	Aqua Pilates/ Ai Chi -Elaine	F/P			And 11-12 Resort Pool	R/P				
11:00			Pilates with Lori	G/2	Pilates/Yoga Mary	G/2	Barre	G/2	Pilates	G/2	Standing Core with Lori	G/2		
12:00	Stretch and Relax/Yoga	G/2	Stretch and Relax	G/2	Legs up the Wall Stretch	G/2	Stretch and Relax	G/2	Stretch and Relax	G/2	Stretch Yoga and Relax	G/2	Legs up the Wall Stretch	G/2
5:30 p.m.							5:30 Relaxing Evening Yoga	G/2	No 6:00 p.m. class on Thanksgiving		5:30 p.m. Funky Floor Yoga Flow with Amy	G/2		
6:00 - 6:30 p.m.			6:00 p.m. Zumba Dance	G/2			6:30 p.m. Zumba Dance	G/2	6:00 p.m. Advanced HIIT Boxing/ John	G/2				

No Cell Phones in Classes

Shirts & athletic shoes must be worn in Fitness

Thanksgiving only:
9:00 Tabata
10:30 Pilates and Stretch
Spa/Fitness closes at 7:00 p.m.

Shirts & athletic shoes must be worn in Fitness

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. Or in the INDOOR POOL should class have to be held inside. 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.