

# 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: **December 1 through December 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					
	<b>Wear layers to relaxation classes</b>		<b>Arrive Early for Set-up ↓↓↓</b>						<b>Arrive Early for Set-up ↓↓↓</b>					
9:00	<b>Total Body Conditioning With John</b>	G/2	<b>Seated Cycle Core &amp; More With Lori</b>	G/2	<b>Total Body Condition With John</b>	G/2			<b>Total Body Conditioning With John</b>	G/2	<b>Seated Cycle Core &amp; More With Lori</b>	G/2	<b>Fit 4 Life with Wendy</b>	G/2
10:00													<b>FitnessDance Class/Zumba</b>	G/2
10:00	<b>Water Blast</b>	F/P	<b>Water Blast/ Aqua Yoga</b>	F/P			<b>Water Blast</b>	F/P	<b>Water Blast</b>	F/	<b>Water Blast/ Aqua Yoga</b>	F/P	<b>Water Blast</b>	F/P
11:00					<b>Water Blast</b>	F/P			<b>Aqua Zumba December 1 &amp; 8 ONLY</b>	F/P				
11:00			<b>Pilates with Lori</b>	G/2					<b>Pilates Core</b>	G/2	<b>Standing Pilates w Lori</b>	G/2		
12:00	<b>Fitness Dance Class/Zumba</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	<b>Closed for private class</b>	G/2	<b>Closed for private class</b>	G/2	<b>Closed for private class</b>	G/2	<b>Closed for private class</b>	G/2	<b>Closed for private class</b>	G/2	<b>Closed for private class</b>	G/2	<b>Closed for private class</b>	G/2
	<b>4:00 p.m. Yoga/Stretch and Relax</b>	G/2	<b>6:30 p.m. Fitness Dance/ Zumba</b>	G/2			<b>6:30 p.m. Yin Yoga (Restorative Relax)</b>	G/2	<b>6:00 p.m. Boot Camp Cardio/ John</b>	G/2				

**Look for Special Holiday**  
 **Fitness Schedule**

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Sunday, December 25  
Spa/Fitness  
Hours:  
6 am to 7 pm  
Christmas Day

**Look for Special Holiday**  
 **Fitness Schedule**

**Shirts & athletic shoes must**  
 **be worn in the Fitness Department**

**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.