

# 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: **February 1 through February 28, 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 = Group Class F/P = Fitness Pool R/P = Resort 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			Total Body Conditioning With John	G/2	Seated Cycle Core & More With Lori	G/2	Boot Camp With John	G/2
10:00													10:00 a.m. Zumba	G/2
Water Class	10:00 Water Blast	F/P			10:00 Water Blast	F/P	10:00 Water Blast	F/P			10:00 Water Blast/ Aqua Yoga	F/P	10:00 Water Blast	F/P
11:00			Water Blast/ Aqua Yoga	F/P	Aqua Pilates/ Ai Chi -Elaine	F/P			Aqua Zumba in the Resort Pool	R/P				
11:00			Pilates with Lori	G/2	Pilates with Mary	G/2	Barre with Wendy	G/2	Pilates/ Buti 2-19	G/2	StandingCore 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 & Relax with Lisa	G/2	Stretch and Relax with Amy	G/2
6:00 p.m.			6:00 p.m. Zumba Dance	G/2			5:30 p.m. Zumba	G/2	6:00 p.m. Advanced HIIT Boxing/ John	G/2	5:30 p.m. Funky Flow Friday with Amy	G/2		
							6:30 Relaxing Evening Yoga	G/2	7pm Spin with Doug thru March	G/2				

**No Cell Phones in Classes**

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

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**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.