

# 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: **September 1 through September 30, 2024**

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 F/P = Fitness Pool R/P = Resort Pool	=	Gym 2 Or Fitness Pool Or Resort Pool	Group Ex room 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>Boot Camp With John</b>	G/2
10:00			No changes to Labor Day										<b>Fitness Dance/Zumba</b>	G/2
Water Class	<b>10:00 Water Blast with Tonia</b>	F/P	<b>10:00 Water Blast/ Aqua Yoga</b>	F/P	<b>10:30 Water Blast with Mary</b>	F/P	<b>10:00 Water Blast with Mary</b>	F/P	<b>11:00 Aqua Zumba</b>	R/P	<b>10:00 Water Blast/ Aqua Yoga</b>	F/P	<b>10:00 Water Blast</b>	F/P
11:00			<b>Pilates with Lori</b>	G/2					<b>Pilates/Yoga</b>	G/2	<b>StandingCore Lori</b>	G/2		
12:00	<b>FitnessDance Class/Zumba</b>	G/2	<b>Stretch and Relax</b>	G/2	<b>Stretch Class Legs up the Wall/16 spots</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	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
	<b>4:00 p.m. Yoga Stretch and Relax</b>	G/2	<b>6:30 p.m. Fitness Dance Class/Zumba</b>	G/2			<b>6:30 p.m. Gentle Relaxing Evening Yoga</b>	G/2	<b>6:00 p.m. Advanced HIIT Boxing/ John</b>	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.

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