

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: **March 1 through March 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 = F/P | Gym 2 = Fitness Pool | Or Or | Group Ex room 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 | Fit 4 Life with Wendy | G/2 |
| 10:00 | | | | | | | | | | | | | Fitness Dance Class/Zumba | G/2 |
| 10:00 | Water Blast with Tonia | F/P | Water Blast/ Aqua Yoga wth Lisa | F/P | | | Water Blast with Mary | F/P | Water Blast with Elaine | F/P | Water Blast/ Aqua Yoga wth Lisa | F/P | Water Blast with Mary/Tonia | F/P |
| 11:00 | | | | | Water Blast with Elaine | F/P | | | Aqua Zumba | F/P | | | | |
| 11:00 | | | Pilates with Lori | G/2 | | | | | Core Fusion | G/2 | Standing Core w/Lori | G/2 | | |
| 12:00 | FitnessDance Class/Zumba | G/2 | Stretch and Relax | G/2 | Stretch at the Wall | G/2 | Stretch and Relax | G/2 | Stretch and Relax | G/2 | Stretch and Relax | G/2 | Stretch and Relax | 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. Yin Yoga (Restorative Relax) | | 6:00 p.m. Boot Camp Cardio/ John | G/2 |  | |  | |

No Cell Phones in Classes

Shirts & Athletic Shoes must be worn in the Fitness Department

No Cell Phones in Classes

Lap Swimming is NOT permitted 10 minutes BEFORE, AND DURING water classes 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.