

# 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: **October 1 through October 31, 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<br>F/P = Fitness 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 |
| 10:00 Water      | Water Blast                                                                         | F/P | Water Blast/ Aqua Yoga                                                            | F/P | Water Blast                    | F/P                                    | Water Blast                | F/P |                                      |     | Water Blast/ Aqua Yoga                                                                | F/P | Water Blast                                                                           | F/P |
| 11:00 water      |                                                                                     |     |                                                                                   |     |                                |                                        |                            |     | Aqua Zumba in the 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 |                                      |     | 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



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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.