

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: **January 1 through January 31, 2025** 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 R/P	=Group Class = Fitness Pool = 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			Barre	G/2	Pilates	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 /Lisa	G/2	Stretch and Relax	G/2
5:30							5:30 p.m. Zumba	G/2	6:00 p.m. Advanced HIIT Boxing/ John	G/2				
		G/2	6:00 p.m. Zumba Dance	G/2			6:30 Relaxing Evening Yoga	G/2	7:00 p.m. Spin with Doug-through 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.