

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: **November 1 through November 30, 2021**

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 ↓↓↓			
9:00-10:00	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		
10:00							Qi Gong Tai Chi	G/2					Fitness Dance Class/Zumba	G/2
10:00	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 Blast	F/P			Aqua Zumba	F/P				
11:00			Pilates with Lori	G/2					Pilates Core	G/2	Standing Pilates w Lori	G/2		
12:00			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	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	Closed for private class	G/2

Per Fitness Instructor's discretion, classes may be limited due to social distancing.

	Sunday		Thanksgiving Special Schedule														
4:00	Yoga	G/2	Hours: 6 am to 7:00 p.m. 10:00 a.m. Total Body Conditioning 10:00 Water 11:00 Pilates Noon Stretch											Shirts & athletic shoes must be worn in the Fitness Department			
6:00				G/2													

No Lap Swimming is permitted 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 & outdoor classes will be held weather permitting.

Private training upon request: Any classes on our schedule are offered as private training by appointment.

Fitness Instructors reserve the right to close the Group Exercise Room for Private Training