

# 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, 2022**

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 Or F/P = Fitness Pool				Group Ex room Or 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>Seated Cycle, Yoga &amp; More With Janice</b>	G/2	<b>Total Body Conditioning With John</b>	G/2	<b>Seated Cycle Core &amp; More With Lori</b>	G/2		
10:00							<b>Qi Gong Tai Chi</b>	G/2					<b>Fitness Dance Class/Zumba</b>	G/2
10:00	<b>Water Blast</b>	F/P	<b>Water Blast/ Aqua Yoga</b>	F/P			<b>Water Blast</b>	F/P	<b>Water Blast</b>	F/P	<b>Water Blast/ Aqua Yoga</b>	F/P	<b>Water Blast</b>	F/P
11:00					<b>Water Blast</b>	F/P			<b>Aqua Zumba</b>	F/P				
11:00			<b>Pilates with Lori</b>	G/2					<b>Core Fusion</b>	G/2	<b>Standing Core w/Lori</b>	G/2		
12:00			<b>Stretch and Relax</b>	G/2	<b>Stretch at the Wall</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	<b>Closed for private class</b>	G/2	<b>Closed for private class</b>	G/2	<b>Closed for private class</b>	G/2	<b>Closed for private class</b>	G/2	<b>Closed for private class</b>	G/2	<b>Closed for private class</b>	G/2	<b>Closed for private class</b>	G/2
	<b>4:00 p.m. Yoga Class</b>	G/2							<b>6:00 p.m. Boot Camp Cardio/ John</b>	G/2				

**Shirts & athletic shoes must be worn in the Fitness Department**

**Per Fitness Instructor's discretion, class size may be limited due to social distancing**

**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 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.