

Group Exercise Schedule

At BayCare Fitness Centers | May 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 – 6:50am Cycle Joyce		6 – 6:50am Cycle Joyce				
	6 - 6:50am Full Body Boot Camp Kristy	6 - 6:50am Interval Training Terri	6 - 6:50am Total Body Training Kristy			
		9 - 9:50am Zumba Gold™ Terri			9 - 9:50am Cycle Laura/Melanie/Joyce/Paul	
10 - 10:50am Starting Out Strong Terri	10 - 10:50am Silver Sneakers® CLASSIC – Kathy	10 - 10:50am Starting Out Strong Terri	10 - 10:50am Silver Sneakers® CLASSIC - Terri	10 - 10:50am Movement for Life Kathy	10 - 10:50am Zumba® Aicha	10 - 10:50am Vinyasa Flow Yoga Kathleen
11 - 11:50am Silver Sneakers® BOOM – Kathleen						
12 - 12:50pm Tabata Terri	12 - 12:50pm Basic Pilates Barre Essentials - Kathy	12 - 12:50pm Fit Camp (on the turf) Laura	12 - 12:50pm Int./Advanced Pilates Maud (new time)	12 – 12:50pm HIIT Kasondra		
	12 – 12:50pm Cycle Joyce					
	12 - 1pm Kettlebell (fee class) Laura (book at front desk)		12 - 1pm Kettlebell (fee class) Laura (book at front desk)			
1:30 – 3:30pm Private Programming	1:30 – 3:30pm Private Programming	1:30 – 3:30pm Private Programming	1:30 – 3:30pm Private Programming			
4:30 - 5:20pm Full Body Boot Camp Kristy	3:30 – 5:15pm Private Programming		4:30 - 5:20pm Intermediate Yoga Jolene	3:30 – 5:15pm Private Programming		
5:30 - 6:20pm Gentle Yoga Kathleen	5:30 - 6:20pm Int./Advanced Pilates Maud	5:30 - 6:20pm Hatha Yoga Kathy	5:30 - 6:20pm Zumba® Aicha	5:30 - 6:20pm Slow Flow Yoga Kathy		
	6 - 7pm Bar-belles (fee class) Terri (book at front desk)		6 - 7pm Bar-belles (fee class) Terri (book at front desk)			
6:30 - 7:20pm Zumba® Terri	6:30 - 7:20pm Total Body Training Kasondra		6:30 - 7:20pm Peak Performance Aicha			

Renew Active
by UnitedHealthcare

SilverSneakers
by Tivity Health

peerfit
partner

Admission policy: Please do NOT enter a group fitness class more than 10 minutes after scheduled start time.

The Fitness Center reserves the right to limit class size to 10 participants.

Hours: 5am – 8pm, Monday – Friday | 8am – 5pm, Saturday and Sunday

Facebook.com/BayCareFitnessCarillon

Cycle

New this month

Small Group Training (fee class)

BayCare Fitness Center - Carillon

900 Carillon Parkway
St. Petersburg, FL 33716
(727) 502-4444

BayCareFitness.org



#BayCareFitness