

# Group Exercise Schedule

At BayCare Fitness Centers | September 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45 – 7:35am Cycle Paul		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 Movement for Life Kathy	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® Jessica/Vaishali	10 - 10:50am Vinyasa Flow Yoga Kathleen
11 - 11:50am Silver Sneakers® BOOM – Kathleen			11 - 11:50am Starting Out Strong Terri			
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 HIIT Kasondra		
12 – 12:50pm Cycle Laura	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 – 3:30pm Private Programming	1 – 3:30pm Private Programming	1 – 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		
6:30 - 7:20pm Zumba® Terri	6:30 - 7:20pm Total Body Training Kasondra	6:30 - 7:20pm Cardo Dance Sandi	6:30 - 7:20pm Peak Performance Aicha			

**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 (as of June 1):** 5am – 9pm Monday – Thursday | 5am – 8pm 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  
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#BayCareFitness

BayCareFitness.org