

# Group Fitness Schedule

at BayCare Fitness Center Carillon | August 2022



| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY  | SUNDAY  |
|--|---|---|--|---|---|---|
|  | 6:00am - 6:50am<br>Full Body Boot Camp<br><b>Kristy</b>                       |   | 6:00am - 6:50am<br>Total Body Training<br><b>Kristy</b>      | 6:00am - 6:50am<br>Yoga<br><b>Joyce</b>                           | 8:00am - 8:50am VIRTUAL<br>Maternity & Motherhood<br>Fitness (see front desk) |   |
|  | 9:00am - 9:50am VIRTUAL<br>Maternity & Motherhood<br>Fitness (see front desk) | 9:00am - 9:40am<br>Cycle<br><b>Tracey</b>                                     |  |   |   |   |
|  | 9:00am - 9:50am<br>Movement for Life<br><b>Kathy</b>                          | 9:00am - 9:50am<br>Zumba Gold™<br><b>Terri</b>                                |  |   | 9:00am - 9:50am<br>Cycle<br><b>Laura/Melanie/Joyce/Paul</b>                   |   |
| 10:00am - 10:50am<br>Starting Out Strong<br><b>Terri</b>     | 10:00am - 10:50am<br>SilverSneakers® CLASSIC<br><b>Kathy</b>                  | 10:00am - 10:50am<br>Starting Out Strong<br><b>Terri</b>                      | 10:00am - 10:50am<br>SilverSneakers® CLASSIC<br><b>Terri</b> | 10:00am - 10:50am<br>Movement for Life<br><b>Kathy</b>            | 10:00am - 10:50am<br>Zumba®<br><b>Jessica/Vaishali/Mary Kay</b>               | 10:00am - 10:50am<br>Vinyasa Flow Yoga<br><b>Kathleen</b> |
| 11:00am - 11:50am<br>SilverSneakers® BOOM<br><b>Kathleen</b> |   |   | 11:00am - 11:50am<br>Starting Out Strong<br><b>Terri</b>     | 11:00am - 11:50am<br>SilverSneakers® Chair<br>Yoga - <b>Kathy</b> | 11:00am - 11:50am<br>Yoga<br><b>Nancy</b>                                     |   |
| 12:00pm - 12:50pm<br>Monday Mashup<br><b>Terri</b>           | 12:00pm - 12:50pm<br>Basic Pilates Barre<br>Essentials - <b>Kathy</b>         | 12:00pm - 12:50pm<br>Fit Camp (on the turf)<br><b>Laura (O)</b>               |  | 12:00pm - 12:50pm<br>HIIT<br><b>Kasondra</b>                      |   |   |
|  | 12:00pm - 12:50pm<br>Cycle<br><b>Joyce</b>                                    |   |  |   |   |   |
| 1:00pm - 3:30pm<br>Private Programming                       | 1:00pm - 3:30pm<br>Private Programming  | 1:00pm - 3:30pm<br>Private Programming  | 1:00pm - 3:30pm<br>Private Programming                       |   | Check out the Pop<br>Ups schedule!  |   |
|  | 3:30pm - 5:15pm<br>Private Programming  |   |  | 3:30pm - 5:15pm<br>Private Programming                            |   |   |
| 4:30pm - 5:20pm<br>Full Body Boot Camp<br><b>Jolene</b>      | 3:30pm - 5:15pm<br>Private Programming  | 6:00pm - 6:50pm VIRTUAL<br>Maternity & Motherhood<br>Fitness (see front desk) |  | 3:30pm - 5:15pm<br>Private Programming                            |   |   |
| 5:30pm - 6:20pm<br>Gentle Yoga<br><b>Kathleen</b>            | 5:30pm - 6:20pm<br>Int./Advanced Pilates<br><b>Maud</b>                       | 5:30pm - 6:20pm<br>Hatha Yoga<br><b>Kathy</b>                                 | 5:00 - 5:50pm<br>Intermediate Yoga<br><b>Jolene</b>          | 5:30pm - 6:20pm<br>Slow Flow Yoga<br><b>Kathy</b>                 |   |   |
| 6:30pm - 7:20pm<br>Zumba®<br><b>Aicha</b>                    | 6:30pm - 7:20pm<br>Total Body Training<br><b>Aicha</b>                        | 6:30pm - 7:20pm<br>Cardio Dance<br><b>Sandi</b>                               | 6:00 - 6:50pm<br>Total Body Training<br><b>Jolene</b>        |   |   |   |
|  |   |   |  |   |   |   |

To ensure your space in a class, register in advance at the front desk or on the Member Portal at [GymPayment.com](http://GymPayment.com)

**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. Hard soled athletic shoes required for cycling classes.

**Fitness Center Hours:** 5am - 9pm Monday - Thursday | 5am - 8pm Friday | 8am - 5pm Saturday and Sunday

**Cycle Class** | **New This Month** | **Fee Class** | **(O)** - Outdoor Class (weather permitting)

**BayCare Fitness Center - Carillon**  
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(727) 502-4444

[BayCareFitness.org](http://BayCareFitness.org)

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