

# Group Fitness Schedule

at BayCare Fitness Center Carillon | July 2022



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

**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)
-------------	----------------	-----------	--

Follow us on Facebook: [BayCareFitnessCarillon](https://www.facebook.com/BayCareFitnessCarillon)

The Silver&Fit program is provided by American Specialty Health Fitness, Inc. (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH). The Silver&Fit logo is a federally registered trademark of ASH and used with permission herein. Other names and logos may be trademarks of their respective owners.

**BayCare Fitness Center - Carillon**

900 Carillon Parkway Suite 100

St. Petersburg, FL 33716

(727) 502-4444

[BayCareFitness.org](https://www.BayCareFitness.org)