

Group Fitness Schedule

at BayCare Fitness Center Carillon | November 2022



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

To ensure your space in a class, register in advance at the front desk or on the Member Portal at 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)

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BayCare Fitness Center - Carillon
900 Carillon Parkway Suite 100
St. Petersburg, FL 33716
(727) 502-4444

BayCareFitness.org

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