

Group Fitness Schedule

at BayCare Fitness Center Carillon | January 2023



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		
	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	12:00pm - 12:50pm HIIT/Cardio Kickboxing Kasondra/JT	Pop-Ups & Event Schedule! Tue 1/3 11am Standing Core Fri 1/6 & 1/20 9am Beginner Line Dancing Mon 1/9 & 1/30 9am Beginner Barre Tue 1/17 & 1/31 11am Silver Sneakers Enerchi Fri 1/20 1:30pm Seated Fitness Foundations	
12:00pm - 12:45pm Cycle Tracey (begins 1/9)						
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		
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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