

# Group Fitness Schedule

at BayCare Fitness Center Carillon | March 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am - 6:50am Circuit Training <b>Ashlee</b>	6:00am - 6:50am Full Body Boot Camp <b>Kristy</b>	6:00am - 6:50am HIIT <b>Ashlee</b>	6:00am - 6:50am Total Body Training <b>Kristy</b>	6:00am - 6:50am Yoga <b>Joyce</b>		
9:00am - 9:50am Line Dancing <b>Laura F</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 Barre <b>Laura F</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 Tai Chi <b>JT</b>	12:00pm - 12:50pm HIIT/Cardio Kickboxing <b>Kasondra/JT</b>	<b>Pop-Ups &amp; Event Schedule!</b>	
11:00am - 11:50am Cycle <b>Tracey (new time)</b>			12:00pm - 12:50pm Cycle <b>Joyce</b>		Tue 3/7 11am Standing Core	
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	Fri 3/17 St. Patrick's Day Wear your <b>GREEN!</b>	   
					Tue 3/14 & 3/28 11am Enerchi	
					Mon 3/23 2pm Yoga for Pelvic Floor \$ See Front Desk for info	
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/Hip-Hop Cardio <b>Terri/Ashlee</b>		6:30pm - 7:20pm Cardio Dance <b>Sandi</b>	6:00 - 6:50pm Total Body Training <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)

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

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