

Group Fitness Schedule

at BayCare Fitness Center Carillon | May 2023



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|--|---|--|---|
| 6:00am - 6:50am Circuit Training Ashlee | 6:00am - 6:50am Full Body Boot Camp Kristy | 6:00am - 6:50am HIIT Ashlee | 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 <i>Laura/Melanie/Joyce/Paul/Tracey</i> | |
| 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/Cardio Dance Jessica/Ashlee/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 Basic Pilates Barre Essentials - Kathy | 12:00pm - 12:50pm Fit Camp Laura (5/10-5/24 board WO) | 12:00pm - 12:50pm Tai Chi JT | 12:00pm - 12:50pm HIIT/Cardio Kickboxing Kasondra/JT | Pop-Ups & Event Schedule! | |
| | | | 12:00pm - 12:50pm Cycle Joyce | | Mon 5/1- Sat 5/6 Pilates Week Enter a chance drawing when you take a Pilates, Pilates Reformer, or Barre class! Tues 5/2 11am Standing Core Mon 5/29 Memorial Day Center Hours 6am - 2pm 10am SOS 11am Vinyasa Flow Yoga Tues 5/16 & 5/23 11am SilverSneakers Enerchi | |
| 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 | | |
| | | | | 4:30pm - 5:20pm Cycle Tracey | | |
| 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 Hip-Hop Cardio Ashlee | | 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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