

Group Fitness Schedule

at BayCare Fitness Center Carillon | September 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		
		6:00am – 6:50am Cycle & Stretch Joyce				
	9:00am - 9:50am Movement for Life Kathy	9:00am - 9:50am Zumba Gold™ Terri			9:00am - 9:50am Cycle - Joyce, Melanie, Paul, Tracey	
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/Tom	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 Circuit Training JT	12:00pm - 12:50pm Tai Chi JT	12:00pm - 12:50pm HIIT/Cardio Kickboxing Kasondra/JT	Holiday & Pop-Up Schedule!	
			12:00pm – 12:50pm Cycle Joyce			
1:00pm – 3:00pm Private Programming	1:00pm – 3:00pm Private Programming: All Cancer	1:00pm – 3:00pm Private Programming	1:00pm – 3:00pm Private Programming: All Cancer	1:00pm – 3:00pm Private Programming	Labor Day Classes: 10am SweatFest with Terri 11am Yoga with Kathleen Tuesday 9/5 11am Seated Pilates with Lori Monday 9/18 12pm Self Awakening Yoga with Stacy	
5:30pm - 6:20pm Gentle Yoga Kathleen	5:30pm - 6:20pm Zumba® Tom	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/Zumba Ashlee/Terri		6:30pm - 7:20pm Cardio Dance Sandi	6:00 - 6:50pm VIIT 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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