

# Group Fitness Schedule

at BayCare Fitness Center Carillon | November 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 Movement for Life <b>Kathy</b>	9:00am - 9:50am Zumba Gold™ <b>Terri</b>			9:00am - 9:50am Cycle - <b>Joyce, Melanie, Paul, Tracey</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/Cardio Dance <b>Jessica/Ashlee/Mary Kay/Keiko</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 Basic Pilates Barre Essentials - <b>Kathy</b>			12:00pm - 12:50pm HIIT (Fri 11/10 only) <b>Kasondra</b>	<b>Pop-Up &amp; Holiday Schedule!</b>	
			12:00pm - 12:50pm Cycle <b>Joyce</b>			
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 All Cancer	<b>Thanksgiving Day, Nov. 23</b> <b>Center Hours</b> <b>8:00am-12:00pm</b> <b>No Group Classes</b>  <b>Black Friday, Nov. 24</b> <b>Center Hours</b> <b>8:00am - 5:00pm</b> <b>10am Movement for Life with Kathy</b> <b>11am Chair Yoga with Kathy</b>	
5:30pm - 6:20pm Gentle Yoga <b>Kathleen</b>	5:30pm - 6:20pm Zumba® <b>Keiko</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 Hip-Hop Cardio/Zumba <b>Ashlee/Terri</b>		6:30pm - 7:20pm Cardio Dance <b>Sandi</b>	6:00 - 6:50pm VIIT <b>Jolene</b>		<b>Regular hours and classes resume Saturday, Nov. 25.</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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