

Group Fitness Schedule

at BayCare Fitness Center Carillon | April 2024



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 Fusion 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® BOOM MUSCLE Terri	10:00am - 10:50am Movement for Life Kathy	10:00am - 10:50am Zumba/Hip-Hop Cardio <i>Jessica/Ashlee/Mary Kay/Keiko</i>	10:00am - 10:50am Vinyasa Flow Yoga Kathleen
11:00am - 11:50am SilverSneakers® BOOM Kathleen			11:00am - 11:50am Get FIT (Fun Interval Training) Terri	11:00am - 11:50am SilverSneakers® Chair Yoga Kathy	11:00am - 11:50am Yoga Nancy	
12:00pm - 12:50pm Fusion Flow Jack	12:00pm - 12:50pm Basic Pilates Barre Essentials - Kathy	12:00pm - 12:50pm Zumba® Keiko	12:00pm - 12:50pm Cycle Joyce	12:00pm - 12:50pm HIIT Kasondra (12th, 26th)	Special Offerings	
					<p>25 in 5 Challenge! Take 25 classes in 5 weeks to enter a chance drawing for a Fitness Gift Bag with \$50 Lululemon gift card! April 1 - May 5 See front desk for details.</p>	
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	<p>It's our 20th Anniversary! Help us celebrate the day with special classes and other events, refreshments, giveaways, and more! Monday, April 29th 8:00am - 6:00pm</p>	
5:30pm - 6:20pm Gentle Yoga Kathleen	5:30pm - 6:20pm Zumba® Keiko	5:30pm - 6:20pm Hatha Yoga Kathy		5:30pm - 6:20pm Slow Flow Yoga Kathy		
6:30pm - 7:20pm Zumba® Keiko		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, the Pulse Access app, or 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 or cycle 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)**

BayCare Fitness Center - Carillon

900 Carillon Parkway Suite 100

St. Petersburg, FL 33716

(727) 502-4444

BayCareFitness.org

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