

Group Fitness Schedule

at BayCare Fitness Center Carillon | May 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 <small>Jessica/Ashlee/Mary Kay/Keiko</small>	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 Belly Dance Fusion Keiko	12:00pm - 12:50pm Cycle Joyce	12:00pm - 12:50pm HIIT Kasondra (17th, 31st)	Special Offerings Pilates Week April 29 - May 4 Enter to win every time you attend a Mat Pilates or Barre class, Reformer Session, or Demo! Reformer Demo & Wunda Chair Demo Tue. April 30 at 3:00pm Memorial Day Classes 11am Zumba with Keiko 12pm Fusion Flow Yoga with Jack Holiday Hours 6:00am - 2:00pm	
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		
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

BayCare Fitness Center - Carillon
 900 Carillon Parkway Suite 100
 St. Petersburg, FL 33716
 (727) 502-4444

[Cycle Class](#) [New Classes](#) [Fee Class](#) **(O)** - Outdoor Class (weather permitting)

BayCareFitness.org

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