

Group Exercise Schedule

At BayCare Fitness Centers | MAY 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 - 6:45am Cycle Shane	6 - 6:45am Cycle Paul		6 - 6:45am Cycle Amanda	6 - 6:45am Cycle Shane		
	6 - 6:55am P90X® Live! Trina					
7 - 7:55am Cardio/HIIT COMING SOON	7 - 7:45am Kickboxing Trina	7 - 7:55am Core Conditioning COMING SOON	7 - 7:45am Kickboxing Amanda	8:30 - 9:30am Slow Flow Yoga Kathy		
		8:15 - 9am Foam Roll & Stretch Terri				
	9 - 9:50am Movement for Life Kathy	9 - 9:55am ZUMBA GOLD® Terri	9 - 9:55am Step Interval Rosie		9 - 9:45am Cycle (Rotating) Amanda/Paul Melanie/Shane	
10 - 10:50am Starting Out Strong Jim	10 - 10:50am Silver Sneakers® CLASSIC - Jim	10 - 10:50am Starting Out Strong Jim	10 - 10:50am Silver Sneakers® CLASSIC - Jim	10 - 10:50am Starting Out Strong Rosie	9 - 9:55am Total Body Training Jolene	
11 - 11:55am Intermediate Pilates Mat Maud	11 - 11:55am Basic Pilates Barre Essentials - Kathy	11 - 11:55am Total Body Training Jim	11 - 11:55am Stretch & Relax Rosie	11 - 11:55am P90X® Live! Jim	10 - 10:55am Vinyasa Flow Yoga Jolene	10 - 10:55am ZUMBA® MaryKay
11:30am - 12:00pm Express HIIT COMING SOON	11:30am - 12:00pm Express HIIT COMING SOON		11:30am - 12:00pm Express HIIT COMING SOON		11 - 12pm ZUMBA® Jessica	11 - 11:55am Vinyasa Flow Yoga Kathleen
12 - 12:45pm Cycle Lynn		12 - 12:45pm Stages® Cycle Laura		12 - 12:45pm Cycle Lynn		

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 to 25 participants. Hard soled athletic shoes required for cycling.

Hours: 4am - 11pm, Monday - Friday | 6am - 8pm, Saturday and Sunday
Facebook.com/BayCareFitnessCenter

■ Cycle ■ New this month ■ Coming Soon

This month, BayCare Fitness Centers celebrate Everyday Heroes with a free week for teachers and first responders. On Monday May 27 from 6am - 2pm is our Hero Day Celebration, with specials classes and demos and a chance to win a FitBit Versa. Check out our Facebook Hero Day Event for more details.

BayCare Fitness Center - Carillon

900 Carillon Pkwy St. Petersburg, FL 33716
(727) 502-4444 / BayCareFitnessCenters.org



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12 - 1pm Interval Training Terri	12 - 12:50pm Interval Training Kasondra	12 - 12:55pm Glutes & Core Terri	12 - 12:55pm Circuit/Cross Training Kasondra	12 - 1pm Power Yoga Kathleen		
4:30 - 5:25pm P90X® LIVE! Jim	4:30 - 5:25pm Booty Barre Marilyn		4:30 - 5:25pm Booty Barre Marilyn			
5:30 - 6:25pm Gentle Yoga Kathleen	5:30-6:25pm Pilates Maud		5:30 - 6:25pm ZUMBA® Tommy			
5:30 – 6:25pm Cycle Melanie	6 – 6:55pm Cycle Melanie					
6:30 - 7:25pm ZUMBA® Terri	6:30 - 7:25pm Total Body Training Rosie	5:30 - 6:25pm Hatha Yoga Kathy	6:30 - 7:25pm Total Body Training Kathleen			
		6:30 - 7:25pm ZUMBA® Tommy	7:30 - 8:30pm Restorative Yoga Kathy			

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