

Group Exercise Schedule

At BayCare Fitness Centers | JULY 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6 - 6:50am Full Body Boot Camp Kristy		6 - 6:50am Total Body Training Kristy			
		9 - 9:50am Zumba® Terri			9:05 - 9:55am Cycle Laura/Melanie	
10 - 10:50am Starting Out Strong Terri	10 - 10:50am Silver Sneakers® CLASSIC – Kathy	10 - 10:50am Tai Chi Donald	10 - 10:50am Silver Sneakers® CLASSIC - Wendy			
12:15 -1:05pm Interval Training Kasondra	12:15 -1:05pm Basic Pilates Barre Essentials - Kathy	12:15 -1:05pm Fit Camp (on the turf) Laura J	12:15 -1:05pm Int./Advanced Pilates Maud	12:15 -1:05pm HIIT Kasondra		
4:30 - 5:20pm Full Body Boot Camp Kristy	4:30 - 5:20pm HIIT Kasondra	4 - 4:50pm Peak Performance Terri				
5:35 - 6:25pm Gentle Yoga Kathleen	5:35 -6:25pm Int./Advanced Pilates Maud (starts July 7)	5:35 - 6:25pm Hatha Yoga Kathy		5:35 - 6:25pm Slow Flow Yoga Kathy		
6:40 - 7:30pm Zumba® Terri (starts July 6)	6:40 - 7:30pm Total Body Training Kasondra		6:40 - 7:30pm Peak Performance Terri			

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 10 participants.

Hours: 5am – 8pm, Monday – Friday | 8am – 5pm, Saturday and Sunday
Facebook.com/BayCareFitnessCarillon

Cycle New this month

BayCare Fitness Center - Carillon

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