

# Group Exercise Schedule

At BayCare Fitness Centers | August 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6 - 6:50am Full Body Boot Camp <b>Kristy</b>		6 - 6:50am Total Body Training <b>Kristy</b>			
		9 - 9:50am Zumba Gold™ <b>Terri</b>			9:05 - 9:55am Cycle <b>Laura/Melanie</b>	
10 - 10:50am Starting Out Strong <b>Terri</b>	10 - 10:50am Silver Sneakers® CLASSIC – <b>Kathy</b>	10 - 10:50am Tai Chi <b>Donald</b>	10 - 10:50am Silver Sneakers® CLASSIC - <b>Wendy</b>			
	12:15 -1:05pm Basic Pilates Barre Essentials - <b>Kathy</b>	12:15 -1:05pm Fit Camp (on the turf) <b>Laura J</b>	12:15 -1:05pm Int./Advanced Pilates <b>Maud</b>	12:15 – 1:05pm HIIT <b>Nicki</b>		
1:30 – 2:30pm Private Programming	1:20 – 2:20pm Private Programming	1:30 – 2:30pm Private Programming				
			2:30 – 3:30pm Private Programming			
4:30 - 5:20pm Full Body Boot Camp <b>Kristy</b>	4:30 - 5:20pm HIIT <b>Kasondra</b>	4 - 4:50pm Peak Performance <b>Terri</b>				
5:35 - 6:25pm Gentle Yoga <b>Kathleen</b>	5:35 -6:25pm Int./Advanced Pilates <b>Maud</b>	5:35 - 6:25pm Hatha Yoga <b>Kathy</b>		5:35 - 6:25pm Slow Flow Yoga <b>Kathy</b>		
6:40 - 7:30pm Zumba® <b>Terri</b>	6:40 - 7:30pm Total Body Training <b>Kasondra</b>		6:40 - 7:30pm Peak Performance <b>Terri</b>			

**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

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

