

Group Exercise Schedule

At BayCare Fitness Centers | September 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 Gold™ Terri			9:05 - 9:55am Cycle Laura/Melanie/Lynn/Paul	
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	10 - 10:50am Movement for Life Kathy (starts 9/18)		
12 - 12:50pm Interval Training Terri (starts 9/14)	12 - 12:50pm Basic Pilates Barre Essentials - Kathy	12 - 12:50pm Fit Camp (on the turf) Laura J	12:15 - 1:05pm Int./Advanced Pilates Maud	12 – 12:50pm HIIT Nicki	New 12pm start time for the highlighted lunch time classes begins Tuesday September 1	
	12 - 1pm Kettlebell (fee class) Laura J (book at front desk)		12 - 1pm Kettlebell (fee class) Laura J (book at front desk)		New Kettlebell Small Group Training (fee class) Sessions can be purchased at the front desk. \$25 Drop-in, \$20 each if you buy an 8 or 12-pack	
1:30 – 3:30pm Private Programming	1:30 – 3:30pm Private Programming	1:30 – 3:30pm Private Programming	1:30 – 3:30pm Private Programming			
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	5:35 - 6:25pm Hatha Yoga Kathy		5:35 - 6:25pm Slow Flow Yoga Kathy		
6:40 - 7:30pm Zumba® Terri	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
 ■ Small Group Training *Fee

BayCare Fitness Center - Carillon

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