

Group Exercise Schedule

At BayCare Fitness Centers | SEPTEMBER 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 - 6:45am Cycle Shane	6 - 6:45am Cycle Paul		6 - 6:45am Cycle Paul	6 - 6:45am Cycle Shane		
	6 - 6:55am P90X® Live! Trina					
7 - 7:55am Kettlebell Training Ashley	7 - 7:45am Kickboxing Trina		7 - 7:55am Total Body Training Shelley	8:30 - 9:30am Slow Flow Yoga Kathy		
		8:15 - 9am Foam Roll & Stretch Terri			9 - 9:45am Cycle TBD (Rotation)	
	9 - 9:50am Movement for Life Kathy	9 - 9:55am ZUMBA GOLD® Terri	9 - 9:55am Step Interval Rosie		9 - 9:55am Total Body Training Jolene	
10 - 10:55am Starting Out Strong Jim	10 - 10:50am Silver Sneakers® CLASSIC - Kathy	10 - 10:50am Starting Out Strong Jim	10 - 10:50am Silver Sneakers® CLASSIC - Jim	10 - 10:50am Starting Out Strong Rosie	10 - 10:55am Vinyasa Flow Yoga Jolene	10 - 10:55am ZUMBA® MaryKay
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	11 - 12pm ZUMBA® Jessica	11 - 11:55am Vinyasa Flow Yoga Kathleen
12 - 12:45pm Cycle Lynn		12 - 12:45pm Cycle Lynn		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

BayCare Fitness Center - Carillon

900 Carillon Pkwy St. Petersburg, FL 33716

(727) 502-4444 BayCareFitnessCenters.org



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12 – 12:55pm Interval Training Terri	12 - 12:45pm Interval Training Express - Kasondra	12 - 12:55pm Glutes & Core Terri	12 - 12:45pm Cross Training Express - Kasondra	12 - 1pm Power Yoga Kathleen		
1 – 4pm Private Programming (Please do not enter)		1 – 2pm Oasis Yoga Cancer Program Wendy	1:00 – 2:00pm Private Programming (Please do not enter)			
4:30 - 5:25pm P90X® LIVE! Jim	4:30 - 5:25pm Barre Maud	3 – 4pm Private Programming (Please do not enter)	4:30 - 5:25pm Stability Training Shelley			
5:30 - 6:25pm Gentle Yoga Kathleen	5:30 - 6:25pm Pilates Maud	5:30 - 6:25pm Hatha Yoga Kathy	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	6:30 - 7:25pm ZUMBA® Tommy	6:30 - 7:25pm Interval Training Shelley			
			7:30 - 8:30pm Restorative Yoga Kathy			

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