

Group Fitness Schedule

at BayCare Fitness Center Carillon | March 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am - 6:50am Circuit Training Ashlee	6:00am - 6:50am Full Body Boot Camp Kristy	6:00am - 6:50am HIIT Ashlee	6:00am - 6:50am Total Body Training Kristy	6:00am - 6:50am Yoga Joyce		
	9:00am - 9:50am Movement for Life Kathy	9:00am - 9:50am Zumba Gold™ Terri			9:00am - 9:50am Cycle - Joyce, Melanie, Paul, Tracey	
10:00am - 10:50am Starting Out Strong Terri	10:00am - 10:50am SilverSneakers® CLASSIC Kathy	10:00am - 10:50am Starting Out Strong Terri	10:00am - 10:50am SilverSneakers® CLASSIC Terri	10:00am - 10:50am Movement for Life Kathy	10:00am - 10:50am Zumba/Hip-Hop Cardio <small>Jessica/Ashlee/Mary Kay/Keiko/Tom</small>	10:00am - 10:50am Vinyasa Flow Yoga Kathleen
11:00am - 11:50am SilverSneakers® BOOM Kathleen			11:00am - 11:50am Get FIT (Fun Interval Training) Terri	11:00am - 11:50am SilverSneakers® Chair Yoga - Kathy	11:00am - 11:50am Yoga Nancy	
12:00pm - 12:50pm Fusion Flow Jack	12:00pm - 12:50pm Basic Pilates Barre Essentials - Kathy	12:00pm - 12:50pm Zumba® Keiko	12:00pm - 12:50pm Cycle Joyce	12:00pm - 12:50pm HIIT Kasondra (8th, 15th, 29th)	Holiday & Special Offerings	
					Shamrock Saturday! Wear green for photos with your instructor. Saturday, March 16	
1:00pm - 3:00pm Private Programming	1:00pm - 3:00pm Private Programming	1:00pm - 3:00pm Private Programming	1:00pm - 3:00pm Private Programming	1:00pm - 3:00pm Private Programming	SilverSneakers by Tivity Health Silver&Fit	
					Joint Freeing Yoga with Jack Tue, March 26 at 4:00pm See front desk for details.	
5:30pm - 6:20pm Gentle Yoga Kathleen	5:30pm - 6:20pm Zumba® Keiko	5:30pm - 6:20pm Hatha Yoga Kathy	5:00 - 5:50pm Intermediate Yoga Jolene	5:30pm - 6:20pm Slow Flow Yoga Kathy	Cycle 101 with Joyce Mon, March 25 at 9:00am	
6:30pm - 7:20pm Zumba® Tom		6:30pm - 7:20pm Cardio Dance Sandi	6:00 - 6:50pm VIIT Jolene		One Pass™ 	
					Regular classes on Easter Sunday, March 31 Center Hours 8am to 2pm	

To ensure your space in a class, register in advance at the front desk, the Pulse Access app, or Member Portal at Gympayment.com

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. Hard-soled athletic or cycle shoes required for cycling classes.

Fitness Center Hours: 5am – 9pm Monday – Thursday | 5am – 8pm Friday | 8am – 5pm Saturday and Sunday

Cycle Class | **New This Month** | **Fee Class** | **(O)** – Outdoor Class (weather permitting)

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