

# Beyond Fitness



Published Monthly by BayCare Wellness Services

November 2006

## Healing Arts Challenge

### Grand Prize Winners

Palm Harbor—Harriet Phillips  
Cheek-Powell—Linda Damsky  
Carillon—Dianne Clemmons



For participating in the Healing Arts Challenge, our Grand Prize winner will receive:

- 12 Months of Wellness:
  - 6 half-hour massages
  - 6 half-hour personal training sessions
  - 1 stone massage
  - Yoga Mat and Carrier
  - 1 Free Beach Boot Camp
  - 1 Free Beginner Kayak Adventure

Mind

Body

Spirit



Healing Arts Challenge  
Kick-Off at the Palm Harbor  
Wellness Center



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Carillon Wellness Center  
St. Anthony's Health Care



Morton Plant Mease  
Wellness Center

# Cheek-Powell Wellness Center

News From Our Clearwater Facility

## Cheek-Powell Wellness Center Members on Top!



Congratulations to our November Members of the Month Patrick and Marlene Doherty. Patrick and Marlene successfully climbed Mt. Kilimanjaro in Africa at the end of September. Mt. Kilimanjaro is over 19,000 feet in elevation and is the world's highest free-standing mountain. It took Pat and Marlene five days of hiking five to seven hours daily to reach Kilimanjaro's base camp. They ascended to the summit leaving at midnight from the base camp and reaching the mountain's peak at 9 am in the morning. One of the most challenging aspects of the climb for Pat and Marlene was trying to acclimate to the thin air as they

ascended to the peak, due to the extreme elevation of Mt. Kilimanjaro. Pat and Marlene utilized the Wellness Center in preparation for the climb, focusing on the cardiovascular equipment, e.g. Stairmasters. We congratulate them on their successful climb and sense of adventure.



The Shoot Out at the Cheek-Powell Wellness Center

The Wellness Team dons their western duds for Halloween.



Our *Eight Weeks to a Better You* participants are working hard and part way through their transformation!

# Palm Harbor Wellness Center: News From Our Wellness Center In North Pinellas



## Surf's Up!

Halloween Island-Style at the Palm Harbor Wellness Center



## Watch for These Holiday Specials at all Three Wellness Centers



### Membership

December to January  
Initial Fee: \$99 individual, \$149 dual and \$229 family



### Services

December 1-31 we will offer three for \$135 and six for \$250 on our services and it is unlimited. Members and non-members can purchase any three or six services including massage, nutrition and personal training. There is not limit of how many a person can purchase.



*New Class for October at Palm Harbor*

## Old School Aerobics

With

Kim Evans

Wednesdays at 7pm

Remember that class?

A good old fashioned aerobics class. This class will get your heart pumping, your feet moving and a good sweat going. Great music, a little bit of dance choreography and a fun workout--what more could you want?

# Carillon Corner: News From Our Newest Wellness Center

## Halloween at Carillon



### Come Meet

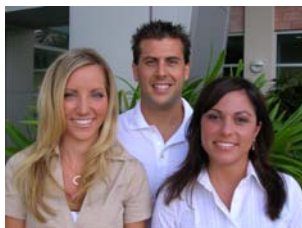
**Dr. Gregory Gulick & Dr. Nathan Miller**  
**Monday, November 13<sup>th</sup>, 5:30-6:00pm**



**Dr. Gulick** is a recent addition to our **Primary Care here at Carillon Outpatient Center**. Dr. Gulick received his Doctor of Osteopathic Medicine degree from Nova Southeastern University in Ft. Lauderdale and completed his internship and residency at Sun Coast

Hospital in Largo. He has a Master of Arts degree in gerontology from the University of South Florida and a Master of Public Health degree from A.T. Still University of Health Sciences. He also completed the American Society of Bariatric Physicians Course in Obesity and Associated Conditions. Dr. Gulick is board eligible and currently teaches medical students at Sun Coast Hospital.

Dr. Gulick's office is located upstairs in Suite 303. Now accepting new patients, please call (727) 561-0912.



**Nathan Miller, D.M.D.**, is the newest addition to our Carillon Outpatient Center. Miller Dentistry offers comprehensive dental services including orthodontics with OrthoClear, root canals, wisdom teeth extractions, minor periodontal surgery and

cosmetic dentistry, such as bleaching and veneers. Digital X-rays with low-dose radiation, new electronic hand pieces that produce less noise and less vibration, and a relaxed, comfortable environment with massaging chairs.

**Free whitening offer (call or ask in person on 11/13 for details)** Office is located upstairs in Suite 307. Now accepting new patients, please call (727) 561-0555.

## Physical and Occupational Therapy at Carillon

Physical and Occupational Therapy is delivered in a state-of-the-art clinic for all diagnosis groups. For the increasingly fitness-conscious public, a state-of-the-art Sports Medicine training area is incorporated into the clinic. Specialized assessment and treatment for athletes and patients from a variety of sport backgrounds are conducted using the latest treatment techniques and equipment.

Occupational Therapy specializes in hand therapy and retraining of activities of daily living to maximize patients' functional independence through rehabilitative and adaptive equipment.

Physical Therapy is incorporated in the wellness gym to facilitate the transition from professional rehabilitation treatment to a self-directed home exercise program.

The Rehab department offers two major pieces that will set the clinic apart from other clinics in the Tampa Bay area. First, there is an aquacizer which is an underwater treadmill that will allow patients to exercise in a water assisted environment without having to go to a pool. Secondly there is the sports training room area which features Plexiglas walls with rubberized flooring and a net on one wall. This allows the patient to perform sports specific drills and exercises such as pitching, throwing a football, shooting a basketball, and hitting a golf ball. The netting catches the projectile to prevent erratic bounce back and potential injury. Video recording equipment is used to record motion analysis such as golf swing. St. Anthony's Rehabilitation Services also distinguishes itself from other rehabilitation clinics by providing superior customer service to all customers we come into contact with, and by exceeding their needs and expectations. Walk-ins are accommodated on the same day if possible.

## Welcome new Fitness Specialist Samantha Datz



Samantha received her B.S. in Exercise Science & Sports Studies from the University of Tampa. *Personal Note:* "Cherish your health! If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help."

## CORRECTION

The hours of availability for Dr. Bair were listed incorrectly in the October Beyond Fitness Newsletter, the correct hours are **Monday through Thursday, 7am to 5pm**. Dr. Bair is located in the Carillon Outpatient Center in Suite 303 and the phone number is (727) 561-0912.



# **Nutrition Nook**



## **Preventing weight gain during the holidays**

**Watch your portion sizes.** Just because we see food in an abundance means we must eat them in profusion. Eat small portions and in moderation. This way you can sample all the different foods.

**Be cautious with your fat, salt and sugar intake!** Some foods to watch out for are fried foods, cream-based soup, candied sweet potatoes, potatoes au gratin, cheese-filled casseroles, pies, cheese cake, eggnog, processed meats such as salami and sausages, some pastries, chips, cookies and other baked goods. Fill your plate with some "good" foods first. Such as raw vegetables, turkey breast, and lean ham or pork roast are other good choices. Don't forget some fresh fruit for dessert!!

**Exercise at least thirty minutes to an hour each day.** It helps to burn calories, relieve stress, and improve your mood. If you are heading to the mall, park a little further away, or take a walk all through the mall before you buy. Every few extra steps that you take count. Just don't reward yourself afterwards with food...

**Don't skip meals and starve yourself especially if you have an event to attend.** Make sure you eat before you go to any holiday gathering. You know you will be tempted by all sorts of unhealthy foods. Try to make sure you are not hungry when you arrive, or you will be much more tempted to overeat as well. Eat a wholesome breakfast and lunch in the day to avoid overeating at the event.

**Drink plenty of water.** Having other drinks around is no excuse not to drink water. Especially with all the alcoholic and caffeinated beverages which are very high in calories. Diet sodas are another good option but keep in mind, there is no substitute for pure water!

**Prepare your favorite meals using whole grain products, fruits & vegetables.** Make low fat versions of your favorite recipes. The Internet is full of web sites that offer a variety of low calorie recipes for your favorite foods.

**Relax.** The holidays can be a very stressful season. Many of us tend to overeat or medicate ourselves with food when we are stressed. Take a walk, read your favorite magazine, read a good book, go get your nails done or take a bath. Do whatever works for you to calm you down and help you distress.



***Liat Golan, RD***

*Registered Dietitian/Nutritionist  
MPM Wellness Centers*

# Nutrition Nook



## Apple Sweet Potato Bake

Sweet potatoes have all three of these antioxidants: Vitamin A, C, and E! And they are the star ingredient in this side dish. You can make this recipe without peeling the sweet potatoes or the apples. Peel or don't peel, it's up to you.

### Ingredients:

- 5 cups thinly sliced sweet potatoes (or yams), about 1 1/2 sweet potatoes
- 2 cups thinly sliced apples, such as Pippin or Granny Smith (about two small)
- 1/4 cup dark brown sugar, packed
- 2 tablespoons reduced-calorie pancake syrup
- 1/2 teaspoon ground cinnamon
- 1/2 cup apple juice or orange juice
- 1/4 cup walnut pieces or chopped walnuts

### Preparation:

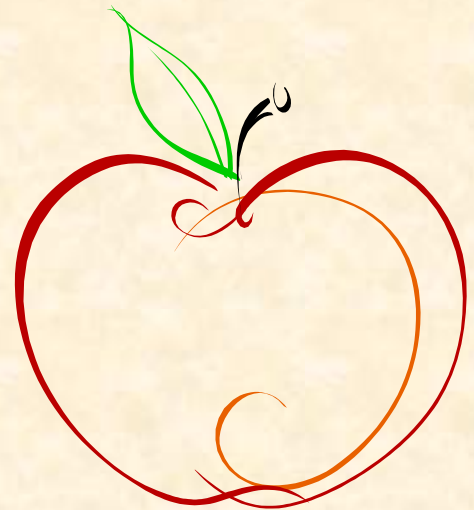
1. Preheat oven to 375°F.
2. In a large bowl, toss the sweet potatoes, apple slices, and brown sugar together. Spoon into a 9x9-inch or similar-sized baking dish.
3. In a small bowl, blend syrup with cinnamon, then stir in the apple juice. Pour evenly over sweet potato mixture. Sprinkle walnuts over the top.
4. Cover baking dish with lid or foil and bake 30 minutes. Remove foil and bake about 15 minutes longer (or until apple and sweet potatoes are cooked throughout).

### Yield:

6 servings

### Nutritional Information:

Per serving: 128 calories, 2 g protein, 24 g carbohydrate, 3 g fat (0.2 g saturated fat, 0.7 g monounsaturated fat, 2 g polyunsaturated fat), 0 mg cholesterol, 2.2 g fiber, 24 mg sodium. Calories from fat: 21%.





## GROUP FITNESS GROOVE



### Special Zumba Class

Friday, November 10  
9–10am  
with Melanie Lewis

Come try this fun class.  
It's a Latin dance party!

### Boot Camp with Pat



Saturday  
November 18  
9-10:15am  
Carillon Wellness Center

\*Sign Up Required  
\$10 members/ \$15 guests

### Stress Management Series

Come and relax on Friday Evenings  
November 3, 10, 17  
6:30-8pm  
Cheek-Powell Wellness Center

Each session will include a Yoga or  
Stretching component and give you tips  
and ideas for de-stressing your life.

Sign up at front desk.  
\$25 members/\$35 guest  
(all three sessions)



# ST. ANTHONY'S TRIATHLON

St. Anthony's Triathlon general registration will officially open on December 1, 2006.

This year, for the first time, early registration will be offered online on November 30 from 9am - 9pm for dual entry into St. Anthony's Triathlon and Morton Plant Mease Triathlon. Entry will be for both events and available slots are limited.

Registrations will be accepted on a first come first serve basis.



***Win! Win! Win!***

***Just for reading the newsletter!***

Well, you actually have to do a little more than that. Each month **Beyond Fitness** will have a question for YOU to answer to enter yourself in a drawing for a great prize. Look for the **big blue question mark** to find the question and e-mail your answer ASAP to [kip.koelsch@baycare.org](mailto:kip.koelsch@baycare.org). Each month the winner will be drawn from among the first 10 correct answers received—so act fast!

***This month's question:***

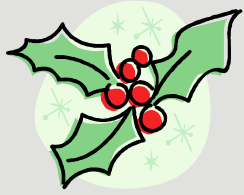
What cross-country ski race has the largest number of participants in the world?

The answer to last month's question was Whitey Ford of the NY Yankees. The winner was Randy Evans!



**Congratulations!!!**

For his efforts, Randy wins a free half-hour massage.



# Holiday Wellness Tips

Hints from our Team on How to Stay Healthy Over the Holidays

## From Our Personal Trainers

**Belle Badell**

**Personal Trainer/Group Fitness Instructor**

Remember that sugary snacks leave bad breath behind. I like to combat the impulses to “eat it when it’s there” with the cleanest, freshest breath I can get.

When surrounded by chocolate, cookies and candy, I work on having the cleanest, “mint-breath” I can maintain. As soon as you have a snack or meal (lunch), brush your teeth with a strong mint flavored toothpaste. Anything you put in your mouth after that is not going to taste good.

Happy Good Breath!

**Laura Jenkins**

**Personal Trainer/Group Fitness Instructor**

I use the 80/20 principle: try to eat the suggested amount of servings (i.e. carbohydrates, proteins, and fats based on the Food Pyramid distribution) at least 80% of the time. This allows for a 20% variation (cookies and cocktails), less guilt and keeping your sanity! Not only does this work for the holidays—it is a great principle to live by.

**Janica VanBrocklin, Personal Trainer**

At cocktail and hors d’oeuvres parties, I go for the protein, no sauce, no cracker. If I want something more substantial, I use a cocktail plate and fill it only once. Focus on the conversation rather than the food. Get up and dance when the dessert cart comes around.

Having my own meals prepared to take with me to work keeps me from being hungry and eating the goodies the staff brings in.

Keep in mind the best gift you can give is the gift of health to yourself!

## From the Team at Palm Harbor

**Bill Bauer, Exercise Leader, LMT**

During the holidays, if I am not able to do my normal routine, I try to walk more frequently (twice a day). When I get up in the morning, I find push-ups and crunches before breakfast are also helpful.

**Gail Stanfield, Exercise Physiologist**

When the holidays come, I walk more often at a higher intensity so that family affairs don’t interrupt my routine.

**Christina Hasse, Fitness Specialist**

When the holidays come around, I try to watch how much I eat and since I know I will not have time to exercise in the gym, I make sure I get in a run outside!

**Sandra Vicary, Fitness Coordinator**

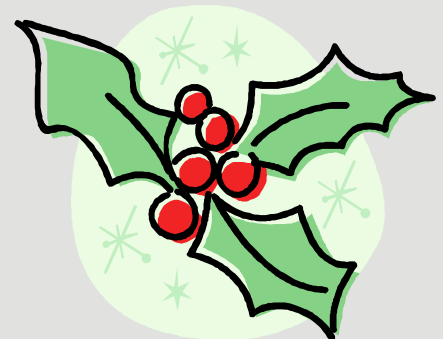
I increase my walking and biking outside. I always have a big bottle of water before parties, use a smaller plate for food and enjoy my friends and family!!

**Karen Pierce, Member Services Representative**

Amidst my running from store to store for holiday shopping, I stay fit by working out three times a week on the treadmill and doing YoQi 2 times a week. Merry Healthy Christmas!

**Irene Pineiro, Front Desk**

Eating healthy snacks such as energy bars, fruit and drinking lots of water while I’m running around doing the holidays. To relieve stress I try to take fun aerobics classes at least two times a week.



# Getting Personal



News and Articles from our Personal Training Team

## Pilates for Seniors

Seniors and fitness enthusiasts alike are reaping the rewards of adding Pilates training to their fitness programs. Pilates classes and personal training have experienced a huge rise in interest over the past five years. Once only available to professional dancers and movie stars, Pilates is now more mainstream than ever.

Pilates training can help you:

- Improve posture, balance, stability and agility
- Heighten mind/body awareness and improve focus and relaxation
- Reduce stress and muscular tension
- Reduces the risk of injury
- Improve your golf or tennis game
- Develop deep muscles in the torso with a concentration on the abdominals and lower back
- Lengthen tight muscles while strengthening weak muscles

Pilates is a gentle, non-impact exercise technique that strengthens the entire body with a focus on the “core” muscles. Core muscles include the muscles of the torso with an emphasis on the abdominals and lower back. Because Pilates balances strength with flexibility, it helps align the body and enhance joint stability. Having strong, flexible joints help to improve posture and balance. For the senior population, this is a great benefit because balance and posture have a huge affect on quality of life as we age.

Additionally, for many seniors, lack of mobility and flexibility can impair daily living. Impaired flexibility and strength can lead to an altered gait, or walking pattern, that inhibits normal movement function. Over time, repeated faulty movement patterns can create pain, muscular imbalance, and an increased risk of falling. With a stronger core, many experience a reduction or elimination of pain, old injuries are reconditioned, and falls are less likely to occur. Lastly, Pilates can be modified for people with special needs such as osteoporosis or arthritis. The result is often noticeably less muscle stiffness, making daily activities easier.

With wellness centers, fitness centers, and private studios offering Pilates, this unique training approach is now readily available to everyone. Pilates training may take place in a one-on-one setting with a personal trainer or in a group as part of a Pilates mat class. It is generally recommended that a person new to Pilates begin with a personal trainer to learn the correct technique and form. A Certified Pilates Reformer personal trainer can create a safe and effective exercise progression while considering your health history, physical limitations and fitness goals.

**Dianna Devol**  
Personal Training Coordinator  
BayCare Wellness Services

# Getting Personal



News and Articles from our Personal Training Team



**Brent Carter** is a new personal trainer at the Cheek-Powell and Palm Harbor Wellness Centers. He is certified by the American College of Sports Medicine as a Health and Fitness Instructor and he also is a Fitness Specialist at the Palm Harbor Wellness Center.



**Leslie Ferguson** has recently completed the intense training to become a Certified Pilates Reformer trainer. She is also a certified personal trainer for both the Cheek-Powell and Palm Harbor Wellness Centers and has worked for our wellness centers as an Exercise Leader, Group Fitness Instructor, and Pilates Mat instructor. She is now accepting new Pilates Reformer clients at both the Cheek-Powell and Palm Harbor Wellness Centers. (Leslie is not a new Personal Trainer, just new to Pilates Reformer training).



**Fanina "Nina" Williams** is also a Pilates Reformer trainer at both the Cheek-Powell and Carillon Wellness Centers. She has held many roles at our wellness centers including Exercise Leader, Pilates Mat instructor, and instructor for our Specialty Dance Class series. Additionally, Nina has recently completed her Pilates Reformer training along with Leslie. Nina is now accepting new Pilates Reformer clients at both the Cheek-Powell and Carillon Wellness Centers.

## Personal Trainers *In Action!*



Palm Harbor Personal Trainer Carol Dang works with her client to improve strength and balance.



Palm Harbor Personal Trainer Lisa Dryden has fun training her client.

## Challenge Yourself to Get Out! Get Fit!

### Introduction to Trail Running

Saturday, November 18 8-10am

#### Weedon Island Preserve

\$5 members, \$15 guests

Join Kip for an introduction to trail running. You'll learn about trail running equipment, safety, and more. Practice basic trail running skills as we run at a leisurely pace over the Weedon Island Preserve's many trails. *Register at the Wellness Center or at [www.active.com](http://www.active.com).*

### Beach Boot Camp

Saturday, December 2 8:30-10:30am

#### Honeymoon Island State Park

\$5 members, \$10 guests

Burn some of those extra holiday calories—join Kip for one of our most popular group workouts at picturesque Honeymoon Island State Park. This outdoor fitness class will include activities designed to boost your endurance and strength, build speed, enhance your balance and agility, and burn a few calories along the way. Activities will range from trail and beach running to traditional calisthenics and sports drills. We may even throw in a tug-o-war! Be prepared to work hard, get a little sandy and wet and feel a tremendous sense of accomplishment at the end of the workout. *Register at the Wellness Center or at [www.active.com](http://www.active.com).*

## November Adventure Update

Well, the “get outside season” is upon us here in Florida! What better time to spice up your indoor workouts with an outdoor fitness or adventure class. Our upcoming offerings are just the things to get you started. Learn a new activity at our Introduction to Trail Running class. It is short, inexpensive and you'll discover the joys of running in the woods!



Next up is our December 2, Beach Boot Camp. This is one of our most popular, most challenging, and most fun outdoor fitness classes. Honeymoon Island State Park is the perfect backdrop for a workout that will leave you breathless with accomplishment.

If getting out in the woods appeals to you, look for more information in our next newsletter about our Introduction to Map and Compass Navigation. It's a great way to learn how to find your way in the woods and might even get you psyched about the great sport of orienteering. In fact, my next

adventure will be the Florida Orienteering Championships in early December.

What's your next challenge? Get out and do it.



—Kip Koelsch,  
Wellness Adventure  
Coordinator



**Carillon**

900 Carillon Parkway  
St. Petersburg, FL 33716

**(727) 502-4444**  
Fax (727) 561-2312

**Hours**

Opens Monday at 5am  
(24 hours)  
Closes Saturday 12:30am  
Saturday and Sunday  
6am – 8pm

**Manager**

Penny Wester

**Business Office Coordinator**

Frankie McDermond

**Fitness Coordinator**

Robert Mirlenbrink

**Member Services**

Matt Johnson



**Cheek-Powell**

455 Pinellas St.  
Clearwater, FL 33756

**(727) 462-7656**  
Fax (727) 298-6737

**Hours**

Opens Monday at 5am  
(24 hours)  
Closes Saturday 12:30am  
Saturday and Sunday  
6am – 8pm

**Manager**

Jennifer MacEwan

**Business Office Coordinator**

Melanie McDonald

**Fitness Coordinator**

Bob DiBonto

**Member Services**

Mark Wintrub



**Palm Harbor**

32672 U.S. Highway 19 N.  
(at Tampa Road)  
Palm Harbor, FL 34684

**(727) 772-2222**  
Fax (727) 772-2250

**Hours**

Opens Monday at 5am  
(24 hours)  
Closes Saturday 12:30am  
Saturday and Sunday  
6am – 8pm

**Manager**

Jason Barnett

**Business Office Coordinator**

Brenda Anderson

**Fitness Coordinator**

Sandra Vicary

**Member Services**

Karen Pierce

**Regional Director, BayCare Wellness Services**

Nicholas T. Cardello

**Personal Training Coordinator**

Diana Devol

**Wellness Adventure Coordinator**

**Newsletter Editor**

Kip Koelsch

**Nutritionist**

**Group Fitness Coordinator**

Natalie Cornett



**Triathlon Director**

**Phillip LaHaye**  
(727) 820-7791



**Triathlon Coordinator**

**Susan Daniels**  
(727) 820-7790



**Health Educator—Weight Management**

**Colleen Foy**  
(813) 870-4624

#MM15153 #MM7067 #MM8266

*The success of Morton Plant Mease Health Care and St. Anthony's Health Care is made possible through the generosity of patients, their families and members of the local community. For information about the Morton Plant Mease Foundation, call (727) 462-7036 or visit [www.mpmfoundation.org](http://www.mpmfoundation.org). To learn more about the St. Anthony's Health Care Foundation, call (727) 825-1086 or visit [www.stanthonyfoundation.org](http://www.stanthonyfoundation.org).*

# Cheek-Powell Group Fitness Schedule November 1, 2006

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30-6:30am TBT (Janet)	6-7:15am Outdoor Run/Walk Club (Lorna)	5:30-6:30am TBT (Janet)	6-7:15am Outdoor Run/Walk Club (Lorna)		
7:30-8:25am Starting Out Strong (Leslie)	7-7:55am Activated Isolated & Integrated Stretching (Janica)	7:30-8:25am Starting Out Strong (Leslie)			7:30-8:30am CYCLE (Nicole) <b>Free-Sign Up Required</b>	10-11:15am Circuit Step (Haven/Leslie)
8:30-9:25am Step & Tone (Rebecca)	8-8:55am Pilates Mat (Maud)	8:30-9:25am T.B.T (Leslie)	8-8:55am Pilates Mat (Fanina)	7:30-8:25am Starting Out Strong (Leslie)		
9:30-10:30pm Muscle Rep (Rebecca)	9-9:55am Total Body Toning (Renee)	9:30-10:25 AeroStep (Leslie)	9-9:55am Total Body Toning (Renee)	8:30-9:25am Total Body Toning (Tammie)	8:45-9:55am Step & Tone (Leslie/Haven)	
10:30-11:55am Dynamic Yoga (Tom)	10-10:55am Low Impact (Dodi)	10:30-11:55am Dynamic Yoga (Tom)	10-10:55am Low Impact (Renee)	9:30-10:25am Aero Step (Tammie)		
12-12:45pm Total Body Toning (Renee)	11-11:45am Stretch & Relax (Leslie)	<b>12-12:45pm New ! ZUMBA (Sue)</b>	11-11:45am Stretch & Relax (Leslie)		<h2 style="margin: 0;"><u>Stress Management Series</u></h2> <p style="margin: 0;">Come and relax on Friday Evenings November 3, 10, 17 6:30-8:00pm</p> <p style="margin: 0;"><b>CLASS DESCRIPTION:</b> Each session will include a Yoga or Stretching component and give you tips and ideas for de- stressing your life.</p> <p style="margin: 0;">Sign up at front desk. \$25 members/\$35 guest (all three sessions)</p>	
1-1:25pm Life Improvement Program	12:15-1pm Total Body Toning (Leslie)	1-1:25pm Life Improvement Program	12:15-1pm Total Body Toning (Leslie)	12:00-12:45pm Intermediate Pilates Mat (Maud)		
1:30-2:45pm Gentle Yoga (Tom)	12-1pm CYCLE (TBA) <b>Free-Sign Up Required</b>	1:30-2:45pm Gentle Yoga (Sue)	12-1pm CYCLE (TBA) <b>Free-Sign Up Required</b>	1-1:25pm Life Improvement Program		
4:30-5:30pm Pilates Mat (Cathleen)		4:30-5:25pm Pilates Mat (Maud)		1:30-3:00pm Gentle Yoga (Jason)		
5:30-6:25pm Power Hour (Dodie)	QI GONG Please call (727) 462-2141 3:15-4:15	5:30-6:25pm Power Hour (Dodie)	QI GONG Please call (727) 462-2141 3:15-4:15	4:30-5:25pm Pilates Mat (Cathleen/Fanina)		
6:00-7:00 CYCLE (Nicole) Free-Sign Up Required	5:00-6:00pm Kickboxing (Melanie C.)	6:00-7:00 CYCLE (Nicole) Free-Sign Up Required	5:00-5:55p.m. Kickboxing (Belle)			
6:30-6:55 Strictly Step (Dodie)	6:00-6:55pm Pilates Mat (Fanina)	6:30-7pm Strictly Step (Haven)	ZUMBA 6:00-6:55 (Nicole)			
7:00-7:30 Ab Blast and Stretch (Dodie)	7:00-8:30 YoQi/Tai Chi (Jim)	7:00-7:30 Ab Blast (Haven)				

- The Wellness Center is open around the clock from 5am Monday through 12:30am Saturday, and from 6am to 8pm Saturday and Sunday.
- **\*Fee Class/Series** requires advance reservation and payment. See Front Desk for details.
- Childcare is available Monday/Wednesday/Friday, 8am-2:45pm; Tuesday/Thursday, 8am-2pm; Monday through Friday, 3:30pm-8pm; Saturday, 8am-noon. RESERVATIONS ARE REQUIRED. Please call (727) 462-7656. FEE: \$2/hour per child or \$30/month.
- For safety of participants, the Wellness Center reserves the right to limit class size and requests that you do not enter a class more than 10 minutes after scheduled start time.



# November 2006

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
6:00 - 6:50am Rise & Shine Cycle	6:00 - 6:50am IronChallenge Cycle	6:00 - 6:50am Rise & Shine Cycle	6:00 - 6:50am Rise & Shine Cycle	6:00-6:50am Rise & Shine Cycle	9:30 - 10:20am CYCLE	9:30 - 10:20am CYCLE		
6:00 - 6:55am Kickboxing	6:00 - 6:55am Total Body Toning	6:00 - 6:55am Kickboxing	6:00 - 6:55am Total Body Toning	6:00 - 6:55am Kickboxing	Ballet Training 9:30 - 10:25am	9:00 - 10:25am Gentle Yoga		
<b>9:00 - 9:55am FIT-Camp</b>	7:00 - 7:45am Step Aerobics	<b>9:00 - 9:55am FIT Camp</b>	7:00-7:55am Kickboxing		10:30 - 11:25am Total Body Toning			
10:00 - 10:45am L.I.P.		10:00 - 10:45am L.I.P.		10:00 - 10:45am L.I.P.	<b>11:30- 12 :00pm Pilates Prep.</b>	10:30 - 11:45am Pilates		
11:00 - 11:55am Intermediate Pilates	12 :00 - 12:55pm Basic Pilates	11:00 - 11:55am Total Body Toning	12 :00 - 12:55pm YoQi/Tai Chi	11:00 - 11:55am Total Body Toning	<b>12:00-1:00 Pilates</b>			
12:00 - 12:50pm Lunch Crunch Cycle	12:00 - 12:50pm Lunch Crunch Cycle	12:00 - 12:50pm Lunch Crunch Cycle	12:00 - 12:50pm Lunch Crunch Cycle	12:00 - 12:50pm Lunch Crunch Cycle				
		12 :00 - 12:55pm Kickboxing		12:00 - 12:55pm Kickboxing				
4:00 - 4:25pm Ab Lab	4:00 - 5:00pm Generation Fit		4:00 - 5:00pm Generation Fit	4:30 - 5:25pm Total Body Toning	<p><b><u>Boot Camp with Pat</u></b></p>  <p><b>Saturday</b> <b>November 18th</b> <b>9:00-10:15am</b></p> <p>*Sign Up Required \$10 members/ \$15 guests</p>			
4:30 - 5:25pm Total Body Toning	5:30 - 6:25pm Kickboxing	4:30 - 5:25pm Glide & Bosu	5:00-5:55pm Yoga	5:30 - 7:00pm Yo Qi				
5:30 - 6:25 pm Gentle Yoga	5:30 - 6:20pm CYCLE	5:30 - 6:45pm IronChallenge Cycle	5:30 - 6:20pm CYCLE	5:30 - 6:20pm CYCLE				
	6:00 - 7:30pm Outdoor Runner's Club	5:30- 5:55pm Ab Lab	6:00 - 7:30pm Outdoor Runner's Club	Friday Movies! 6,8 & 10pm Nov. 3rd <b>Larry The Cable Guy:</b> <b>Health Inspector</b> Nov. 10th <b>Over The Hedge</b> Nov. 17th Click Nov. 24th <b>The Break Up</b>				
6:30 - 7:20pm CYCLE	6:30 - 7:20pm CYCLE	6:00 - 6:55pm Step Aerobics	6:00-6:55pm Total Body Toning					
6:30 - 7:25pm Cardio Salsa	6:30 - 7:25pm Total Body Toning	7:00-8:00pm Yoga	7:00-7:25pm Ab Lab					
7:30 - 8:30pm Pilates PLUS	7:30- 8:30pm Stretch and Relax		7:30-8:30pm Inter. Pilates					
<b>Black Box = New Classes</b>		<b>Grey = Cycle Classes. Please pick up Cycle Pass at the Front Desk!</b>						

M - F Kid Zone Babysitting: 8:00am to 1:30pm & 4:00pm to 8:00pm

Weekend Kid Zone Babysitting Saturday 8:00 am - 12:00noon

Facility Hours: open at 5am on Monday and close at 12:30am on Friday - 24 hours - 6am to 8pm Saturday and Sunday

**CARILLON WELLNESS CENTER**

# Palm Harbor Group Fitness Schedule- November 1, 2006

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:50-6:50am Circuit Step (Nancy)	5:45-6:45am CYCLE (Susan) <b>Sign Up Required</b>	5:50-6:50am Total Body Toning (Patty)	5:45-6:45am CYCLE (Susan) <b>Sign Up Required</b>	5:50-6:50am Circuit Step (Nancy)	8:30 - 9:25am Cardio Sculpt (Rachel/Susan)	8:30-9:25am CYCLE (Susan) <b>Sign Up Required</b>
8:00-8:55am YoQi/Tai Chi (Jim)		8:00-8:55am YoQi/Tai Chi (Jim)		8:00- 8:55am Basic Intermediate Pilates (Maud)	9:40-10:55am Circuit Step (Corrine/Rachel)	9:30-11:00a.m. Body, Mind and Spirit (Lisa)
9:00-10:00am Low-Impact Aerobics (Rachel)	8:45-9:30 Pilates (Leslie)	9:00-10:00am Low-Impact Aerobics (Rachel)	8:45-9:30 Pilates (Leslie)	9:00-10:15am Circuit Step (Susan)	11:00-12:15pm Pilates Mat (Barbara)	
10:15- 11:15am Circuit Step (Rachel)	9:45- 10:45am Total Body Toning (Susan C.)	10:15- 11:15am Circuit Step (Rachel)	9:45- 10:45am Total Body Toning (Susan C.)	10:30-11:15am Stretch & Relax (Susan)	12:30- 1:55pm Gentle Yoga (Jason)	
11:30-12:00pm Life Improvement Program	11:00-12:30pm Gentle Yoga (Debi)	11:30-12:00pm Life Improvement Program	11:00-12:30pm Gentle Yoga (Debi)	11:30-12:00pm Life Improvement Program	2- 3:15pm Tai Chi (Yvette)	
		12:15pm – 1:30pm TAI CHI (Yvette)				
1:30-3:00pm YoQi/Tai Chi (Jim)		1:30-3:00pm Beginner's Yoga (Lisa)				
4:00- 4:55pm Basic/Intermediate (Maud)		3:30pm – 4:25pm Total Body Toning (Susan)				
5:00- 5:55pm Intermediate/Advance Pilates (Maud)	5:30-6:25pm Total Body Toning (Tricia)	5:00-5:45PM CYCLE (Jerome) <b>Sign Up Required</b>	5:30-6:30pm Circuit Step (Kim D.)	5:30-6:30pm CYCLE (Kim D.) <b>Sign Up Required</b>		
6:00- 6:55pm CYCLE (Andrea) <b>Sign Up Required</b>	6:30- 6:55 pm AB LAB (Tricia)	6-6:55pm Pilates (Corrine)	6:30- 6:55 pm AB LAB (Kim D.)			
7:00 – 8:15pm BODY, MIND & SPIRIT (Lisa)	7:00 - 8:00pm DYNAMIC YOGA EXPRESS! (Jason)	7:00-8:00pm Old School Aerobics (Kim E.)	7:00-8:00 ZUMBA (Melanie)			

**Special Zumba Class**

Friday November 10<sup>th</sup>  
9:00 – 10:00 a.m.  
With Melanie Lewis

Come try this fun class, it's a  
latin dance party!

- The Wellness Center is open around the clock from 5am Monday through 12:30am Saturday and from 6am to 8pm Saturday and Sunday.
- **\*Fee Class/Series** requires advance reservation and payment. See Front Desk for details.
- Childcare is available Monday thru Friday, 8am-1:00pm; 3:30- 8:00pm; Saturday, 8am-noon. RESERVATIONS ARE REQUIRED. Please call (727) 772-2222. FEE: \$2/hour per child or \$30/month.
- For safety of participants, the Wellness Center reserves the right to limit class size and requests that you do not enter a class more than 10 minutes after scheduled start time.

