


# Carillon Wellness Center Group Fitness Menu

"Our mission is to provide each Carillon Wellness Center member with personalized attention, professional instruction and comprehensive exercise programming options that will significantly contribute to each member's health, fitness and wellness goals".

## February 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:50-6:40am Rise & Shine Cycle	5:50-6:40am Rise & Shine Cycle	5:50-6:40am Rise & Shine Cycle	5:50-6:40am Rise & Shine Cycle	5:50-6:40am Rise & Shine Cycle	9:00-9:55am Ballet Training	9:00-10:25am Yoga
	6:00-6:55am Total Body Toning	6:00-6:55am FIT Camp	6:00-6:55am Total Body Toning	9:00-9:55am Body BLAST!	9:00-9:50am CYCLE	9:00-9:50am CYCLE
10:00-10:45am L.I.P.	11:00-11:55am ZUMBA!	10:00-10:45am L.I.P.	9:30-10:25am Stretch & Relax	10:00-10:45am L.I.P.	10:00-10:55am Intermediate/Advanced Mat Pilates	<b>Admission Policy</b> Please do NOT enter a Group Fitness Class more than 10 minutes after scheduled start time.
11:00-11:55am Basic/Intermediate Mat Pilates		11:00-11:55am Total Body Toning		11:00-11:55am Total Body Toning	11:00-11:55am Total Body Toning	
12:00-12:45pm Lunch Crunch Cycle	12:00-12:45pm Lunch Crunch Cycle	12:00-12:45pm Lunch Crunch Cycle	12:00-12:45pm Lunch Crunch Cycle	12:00-12:45pm Lunch Crunch Cycle	<b>Beginner Swing Dance</b> <b>-4 Week Specialty Series-</b> <b>Fridays from 6:30-7:30pm</b> <b>February 5-26, 2010</b> <b>Members \$25 / Guests \$35</b> <b>*Please sign-up @ the front desk by February 4*</b>	
12:00-12:55pm FIT Camp	12:00-12:55pm Intermediate Mat Pilates	12:00-12:55pm Kickboxing	12:00-12:55pm FIT Camp	12:00-12:55pm ZUMBA!		
4:00-4:25pm Ab Lab	5:30-6:20pm CYCLE	5:30-6:20pm CYCLE	5:30-6:20pm CYCLE	6:30-7:30pm (Fee) Beginner Swing Dancing February 5-26 *Sign-up @ the front desk*		
4:30-5:25pm Total Body Toning	5:30-6:20pm ZUMBA!		5:30-6:20pm ZUMBA!	7:30-8:30pm (Fee) Intermediate Line Dancing February 5-26 *Sign-up @ the front desk*		
5:30-6:20pm CYCLE	6:00-7:30pm St. Pete Road Runners Intermediate/Advanced Outdoor Running Group <a href="http://www.spr.org">www.spr.org</a>	5:30-6:25pm Kickboxing	6:00-7:30pm St. Pete Road Runners Beginner Outdoor Running Group <a href="http://www.spr.org">www.spr.org</a>	<b>Movie Nights!</b> <i>Fridays at 5, 7, and 9pm; Sundays at 6pm</i>  February 5 & 7- <i>This Is It</i>  February 12 & 14- <i>Amelia</i>  February 19 & 21- <i>Couples Retreat</i>  February 26 & 28- <i>The Time Traveler's Wife</i>		
5:30-6:25pm Gentle Yoga			6:30-7:20pm CYCLE			
5:30-6:45pm (Fee) Pre-Natal Yoga – CR B January 4-February 1	6:30-7:20pm CYCLE	6:30-7:30pm Gentle Yoga	6:30-7:25pm Total Body Toning	<b>Hip Hop Dance!</b> <b>-4 Week Specialty Series-</b> <b>Mondays from 6:30-7:25pm</b> <b>February 1-22, 2010</b> <b>Members \$25 / Guests \$35</b> <b>*Please sign-up at the front desk by Jan. 31<sup>st</sup>*</b>		
6:30-7:20pm CYCLE	6:30-7:25pm Total Body Toning		7:30-8:25pm Yogalates			
6:30-7:30pm (Fee) Hip Hop Dance February 1-22 *Sign-up @ the front desk*	7:30-9:00pm Dynamic Yoga					

Black Outlined Box = Fee Based Classes

Grey Box = Cycle Classes. Please pick up Cycle Pass at the Front Desk!

- The Carillon Wellness Center is open from 4am thru 11pm Monday through Friday and from 6am to 8pm Saturday and Sunday. The front desk phone number is (727) 502-4444.
- \*Fee Class/Series requires advance reservation and payment. See Front Desk for details.
- Childcare is available: Monday-Friday 8am-1:30pm and 4pm-8pm; Saturday 8am-1pm. RESERVATIONS ARE REQUIRED. Please call (727) 502-4444. 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.

# Group Fitness Experience Descriptions

## Carillon Wellness Center

<b>Ab Lab</b>	Want to work that midsection? This 25-minute abdominal and lower back workout is the answer! <b>All Levels</b>
<b>Ballet Training</b>	Classic barre and floor exercises to inspire or revive a love of the dance. Basic experience and knowledge of ballet terminology preferred. <b>All Levels</b>
<b>Basic Pilates</b>	Entry-level class designed to introduce the Pilates Method. <b>Beginners</b>
<b>CYCLE</b>	Have you got your ticket to RIDE? THE best cardiovascular fat burner around! <b>All Levels</b>
<b>Cycle Interval</b>	A class that mixes intervals of cycling with intervals of toning exercises using weights, balls, bands, and more! A great low impact, yet high intensity cardio mixed with sculpting exercises. <b>All Levels</b>
<b>Dynamic Yoga</b>	Designed for the continuing yoga student, participants should have a basic working knowledge of poses and postures. <b>Intermediate/Advanced Levels</b>
<b>FIT Camp</b>	Higher Intensity multi-sport training. This experience is different every time you go! <b>Intermediate/Advanced Levels</b>
<b>Gentle Yoga</b>	Discover the benefits of Yoga with this entry-level experience. <b>Beginners</b>
<b>Intermediate Pilates</b>	Designed for the continuing Pilates student, for participants with a basic working knowledge of the mat exercises. <b>Intermediate Level</b> (see Beginner Pilates)
<b>Iron Challenge Cycle</b>	An endurance ride inspired by the ultimate physical challenge event, the Ironman Triathlon. Don't miss this challenging ride. <b>Intermediate/Advanced Levels</b>
<b>Kickboxing</b>	Get rid of some stress and tone up at the same time! We've got the targets, bags, and motivated instructors to develop your skills and work you out! <b>All Levels</b>
<b>L.I.P. Life Improvement Program</b>	Life Improvement Program is a comprehensive class that focuses on developing balance, coordination, strength and flexibility. <b>Low Intensity</b>
<b>Pilates (Mat Class)</b>	Work deep into your body's core (Abs and back) for efficient and graceful movement, improved alignment, and increased body awareness. <b>All Levels</b>
<b>Rise &amp; Shine Cycle</b>	Start your day with a BANG, and fire up your metabolism to burn more fat all day with this eye-opening ride. <b>All Levels</b>
<b>Sports Conditioning</b>	This is a more advanced class that will incorporate sports skills, drills and total body conditioning too! <b>Intermediate/Advanced Levels</b>
<b>Step Aerobics</b>	Get up-up, get down-down. Step right this way for cardiovascular fitness. <b>All Levels</b>
<b>Step Circuit</b>	Is your body "stuck"? Try a workout that alternates step and resistance training. Awesome cross-training! <b>All Levels</b>
<b>Stretch &amp; Relax</b>	Pamper your muscles and your mind with a guided stretching routine for the entire body. Class ends with a relaxing, mind slowing segment sure to leave you refreshed and ready for your day! <b>All Levels</b>
<b>Outdoor Runner's Club</b>	Need motivation to run? Join our fitness running group today. <b>All Levels</b>
<b>TBT (Total Body Toning)</b>	Use balls, bands, body bars, dumbbells, and bodyweight to build lean muscle. This strength training class is a great way to learn proper form and function. <b>All Levels</b>
<b>Yoga</b>	Yoga is an ancient practice that promotes health and well-being, improves flexibility, and builds strength. <b>All Levels</b>
<b>YogaBall®</b>	YogaBall® is a program that incorporates all the disciplines and teachings of yoga into a simple, yet challenging format all done on a resistance ball. <b>All Levels</b>
<b>Yogalates</b>	If you love yoga and Pilates then this is the class for you! Come experience a wonderful mix of these two practices which are sure to increase your flexibility, release tension in your muscles, and tone and condition your core and hips. You will leave you feeling lean, strong, and relaxed after every class. <b>All Levels</b>
<b>ZUMBA!</b>	Latin Dance Based Aerobics Class. Move your body to the Latin beat! <b>All Levels</b>