



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 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:50-6:40am SPINNING®	5:50-6:40am SPINNING®	5:50-6:40am SPINNING®	5:50-6:40am SPINNING®	5:50-6:40am SPINNING®	9:00-9:55am Ballet Training	9:00-10:25am Yoga
10:00-10:45am Starting Out Strong	6:00-6:55am Total Body Toning	10:00-10:45am Starting Out Strong	6:00-6:55am Total Body Toning	10:00-10:45am Starting Out Strong	9:00-9:50am SPINNING®	9:00-9:50am SPINNING®
	7:00-7:55am BODY BLAST!		7:00-7:55am BODY BLAST!		10:30-11:30am ZUMBA!	
	10:00-10:45am SilverSneakers – MSROM		10:00-10:45am SilverSneakers – MSROM			10:00-10:55am Intermediate/Advanced
11:00-11:55am Basic/Intermediate Mat Pilates	11:00-11:55am ZUMBA!	11:00-11:55am Total Body Toning	11:00-11:55am Yoga	11:00-11:55am Total Body Toning	11:00-11:55am Total Body Toning	Admission Policy Please do NOT enter a Group Fitness Class more than 10 minutes after scheduled start time.
12:00-12:45pm SPINNING®	12:00-12:45pm SPINNING®	12:00-12:50pm SPINNING®	12:00-12:50pm SPINNING®	12:00-12:50pm SPINNING®	BELLY DANCING 4 Week Specialty Series 	
12:00-12:55pm FIT Camp	12:00-12:55pm Intermediate Mat Pilates	12:00-12:55pm Kickboxing	12:00-12:55am INTERVAL TRAINING	12:00-12:55pm ZUMBA!	w/ Hollie Wolf Fridays, 5:30-6:30pm February 4-25 Members \$25/Guests \$35 <i>*Sign up at Front Desk</i>	
4:00-4:25pm Ab Lab	5:30-6:20pm SPINNING®	5:30-6:20pm SPINNING®	5:30-6:20pm SPINNING®	5:30-6:30pm Belly Dancing 4-Week Specialty Series February 4-25 (Fee) w/ Hollie	EXPREME BOOTCAMP - OUTDOORS 4-Week Specialty Series Mondays, 5:30-6:30pm February 7-28 or Thursday, 6:30-7:30am February 3-24 Members \$25/Guests \$35 <i>*Sign up at Front Desk</i>	
4:30-5:25pm Total Body Toning	5:30-6:20pm ZUMBA!		5:30-6:25pm ZUMBA!	5:30-6:25pm ZUMBA!	Movie Nights! Fridays at 5, 7, and 9pm; Sundays at 6pm February 4 & 6 The Social Network February 11 & 13 Salt February 18 & 20 Secretariat February 25 & 27 Red	
5:30-6:20pm SPINNING®	6:00-7:30pm St. Pete Road Runners <i>Intermediate/Advanced</i> Outdoor Running Group www.sprr.org		5:30-6:25pm Kickboxing	6:00-7:30pm St. Pete Road Runners <i>Beginner</i> Outdoor Running Group www.sprr.org		
5:30-6:25pm Gentle Yoga	NEW!!! 6:30-7:20pm SPINNING® 6:30-7:25pm Total Body Toning 7:30-9:00pm Yoga	6:30-7:30pm Yoga	NEW!!! 6:30-7:20pm SPINNING® 6:30-7:25pm Total Body Toning			
5:30-6:30pm Extreme Bootcamp-Outdoors 4-Week Specialty Series February 7-28 (Fee) w/ Rachel/Janet F.						

Black Outlined Box = Fee Based Classes



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

Spinning® Pass Required

- 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

Ab Lab	Want to work that midsection? This 25-minute abdominal and lower back workout is the answer! <i>All Levels</i>
Ballet Training	Classic barre and floor exercises to inspire or revive a love of the dance. Basic experience and knowledge of ballet terminology preferred. <i>All Levels</i>
Basic Pilates	Entry-level class designed to introduce the Pilates Method. You'll work deep into your body's core (Abs and back) for efficient and graceful movement, improved alignment, and increased body awareness. <i>Beginners</i>
Body BLAST!	If you're looking for a fun, energetic, challenging, workout ... this is for you! This class involves cardio, strength, circuit, core, agility and balance training. <i>All Levels</i>
Dynamic Yoga	Designed for the continuing yoga student, participants should have a basic working knowledge of poses and postures. <i>Intermediate/Advanced Levels</i>
FIT Camp	The ultimate workout: Challenging, fun and designed to get you to the next level of fitness! The experience is different every time you go! We often go outside. <i>Intermediate/Advanced Levels</i>
Gentle Yoga	Discover the benefits of Yoga with this entry-level experience. <i>Beginners</i>
Intermediate Pilates	Designed for the continuing Pilates student, for participants with a basic working knowledge of the mat exercises. <i>Intermediate Level</i> (see Basic Pilates)
Interval Training	This high-intensity cardio, calorie burning workout is designed to challenge your body through timed speed, strength and agility drills. <i>All Levels</i>
Kickboxing	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! <i>All Levels</i>
PILOXING®	Come try the latest Hollywood fitness craze! PILOXING® uniquely blends the power, speed and agility of boxing with the beautiful sculpting and flexibility of Pilates. It is a fat torching, muscle sculpting, core-centric interval workout, guaranteed to whip you into shape. PILOXING® is the brainchild of Swedish dancer and celebrity trainer Viveca Jensen. <i>All Levels</i>
	Muscular Strength & Range of Movement (MSROM) Class (Tuesdays 10-10:45am) - Is a Healthways core class and is performed from a seated and/or standing position. The class is customized to increase strength, range of movement, agility, balance, coordination and improve participants' functional capacities, physical fitness level and sense of well being. Cardio Circuit Class (Thursdays 10-10:45am) -For participants who have expressed a desire for more cardiovascular and muscular endurance conditioning and have demonstrated above baseline proficiencies in agility, balance and coordination. It offers standing non-impact choreography alternated with standing upper body strength work with hand-held weights, elastic tubing w/ handles and Silver Sneakers ball. It focuses on the benefits of a circuit format to improve cardiovascular endurance and muscular strength and endurance w/out increasing risk.
SPINNING®	The SPINNING® program is the global leader in indoor cycling, blending cycling techniques, sound training principles and expert coaching, that energize, challenge and inspire. <i>All Levels</i>
Starting Out Strong	A special exercise experience designed for beginners or active seniors. This is a comprehensive class that focuses on developing balance, coordination, strength and flexibility. <i>Low Intensity</i>
St. Pete Road Runners Outdoor Run Group www.sprr.org 	The mission of the St. Pete Road Runners (SPRR) is to encourage running and walking for individuals of all ages and abilities in a social environment while promoting fitness and providing education in the community. The SPRR club is well suited for the recreational runner or walker as well as the serious competitor. Intermediate/Advanced Class (Tuesdays 6-7:30pm) - The Feather Sound Loop is 3.95 miles for a single loop or a double loop of 6.7 miles. This is a scenic door-to-door run from the Wellness Center. Beginner Class (Thursdays 6-7:30pm) - This door-to-door run from the Wellness Center is a .76 mile boardwalk loop run or walk (max. 4 loops, 3 miles) circling a lake.
TBT (Total Body Toning)	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. <i>All Levels</i>
Yoga	Yoga is an ancient practice that promotes health and well-being, improves flexibility, and builds strength. <i>All Levels</i>
ZUMBA!	Latin Dance Based Aerobics Class. Move your body to the Latin beat! <i>All Levels</i>