

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".

May 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:50-6:40am Rise & Shine Cycle	5:50-6:40am IronChallenge Cycle	5:50-6:40am Rise & Shine Cycle	5:50-6:40am Rise & Shine Cycle	5:50-6:50am Rise & Shine Cycle	9:00-9:55am Ballet Training	9:00-10:25am Yoga
6:00-6:55am Sports Conditioning	6:00-6:55am Total Body Toning	6:00-6:55am FIT Camp	6:00-6:55am Total Body Toning	9:00-9:55am FIT Camp	9:00-9:50am CYCLE	9:00-9:50am CYCLE
9:00-9:55am FIT Camp	7:00-7:55am Step Circuit		10:00-10:45am L.I.P.		9:30-10:25am Stretch & Relax	10:00-10:55am Int./Adv. Mat Pilates
10:00-10:45am L.I.P.	11:00-11:55am ZUMBA!	11:00-11:55am Total Body Toning		11:00-11:55am Total Body Toning		11:00-11:55am Total Body Toning
11:00-11:55am Intermediate Mat Pilates		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	12:00-12:45pm Lunch Crunch Cycle	12:00-12:55pm Kickboxing	12:00-12:55pm FIT Camp	12:00-12:55pm YogaBall®	Post Natal Yoga -4 Week Specialty Series- Mondays from 6:30-7:30pm May 4 – 25, 2009 Members \$25 / Guests \$35 *Please sign-up at the front desk by May 1st*	
12:00-12:55pm FIT Camp	12:00-12:55pm Basic/Intermediate Mat Pilates		5:30-6:25pm Kickboxing			
4:00-4:25pm Ab Lab	5:30-6:25pm ZUMBA!	Movie Nights! Fridays at 5, 7, and 9pm; Sundays at 6pm May 1 and 3 – Doubt May 8 & 10 – Bedtime Stories May 15 & 17 – Yes Man May 22 & 24 – Valkyrie May 29 and 31 – Fanboys				
4:30-5:25pm Total Body Toning				5:30-6:20pm CYCLE		
5:30-6:20pm CYCLE	5:30-6:20pm CYCLE	Memorial Day Classes Monday, May 25th 8:00-8:55am TBT 9:00-9:55am FIT Camp 9:00-9:50am Cycle 10:00-11:00am Gentle Yoga				
5:30-6:25pm Gentle Yoga	6:00-7:30pm <i>Intermediate/Advanced</i> Outdoor Running Class			6:00-6:55pm Step Aerobics	6:00-7:30pm <i>Beginner</i> Outdoor Running Class	
5:30-6:45pm (Fee) Pre-Natal Yoga – Conf. Room B March 30 – May 11 (No Class April 20)	6:30-7:25pm Total Body Toning					7:00-8:00pm Gentle Yoga
6:30-7:30pm (Fee) Post Natal Yoga May 4 - 25 *Sign-up @ the front desk*	7:30-9:00pm Dynamic Yoga			6:30-7:25pm Total Body Toning		
6:30-7:20pm CYCLE					Nia -4 Week Specialty Series- Mondays from 6:30-7:30pm June 8 – 29, 2009 Nia is a transformational movement practice that teaches you to be more JOYFUL, EXPRESSIVE, and ALIVE both in and out of the group fitness room. Drawing from dance, martial, and healing arts, Nia increases strength, flexibility, mobility, agility, and stability. Most of all it's FUN! Members \$25 / Guests \$35 *Please sign-up at the front desk by June 5th*	

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.