



Fit For Life Group Cycle Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-9:50am Energize Cycling Lee/Vicki		8:30-9:25am Energize Cycling Vicki		8:30-9:25am Energize Cycling Vicki	9:30-10:25am Cycle Craze Anna

Fit For Life Group Exercise Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-9:50am LaBlast® Apy	9:00-9:50am Power Yoga Tunde	9:00-9:50am Cardio Circuit Tunde	9:00-9:50am Pilates Randi	9:00-9:50am PlyoJam+ Eileen	
10:00-10:45am SilverSneakers® Classic Myrna	10:00-10:45am SilverSneakers® Stability Tunde	10:00-10:45am SilverSneakers® Circuit Myrna	10:00-10:45am SilverSneakers® Yoga Barb	10:00-10:45am Zumba Gold Maria	10:00-10:50am Gentle Yoga Tachi
11:00-11:50am Pilates Randi		11:00-11:50am Restorative Yoga Cheri			
12:00-12:45pm Yoga Flow Nancy					

Staffed Hours Monday - Friday 8:30am - 1pm Saturday 9am - Noon

Fit For Life 575 75th Avenue, St. Pete Beach, FL 33706 www.iamfitforlife.com

Phone 727-367-0075

Effective May 6, 2024