

Fit For Life Group Cycle Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Energize Cycling 7:00-7:55am Trip			Energize Cycling 7:00-7:55am Trip	
8:30-9:25am Cycle Express Vicki	8:30-9:25am Cycle Craze Ron	8:30-9:25am Cycle Express Vicki	8:30-9:25am Cycle Craze Ron	8:30-9:25am Cycle Express Vicki	9:00-9:55am Power Cycling Anna
9:30-10:25am Power Cycling Lynn			9:30-10:25am Power Cycling Lynn		Beginner Cycling 10:00-10:30am Anna
					Sunday
	5:30-6:25pm Power Cycling Roseann		5:30-6:25pm Cardio Cycling Trip		Power Cycling 9:00am - 9:55am Trip

Fit For Life Group Exercise Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:25am Cardio Circuit Renee	8:30-9:25am Dance Fusion Renee	8:30-9:25am Cardio Circuit Renee	8:30-9:25am Dance Fusion Renee	8:30-9:25am Pilates Renee	8:30-9:25am Dance Fusion Renee
10:00-10:45am SilverSneakers® Classic Angie	10:00-10:45am SilverSneakers® Stability Shari	10:00-10:45am SilverSneakers® Circuit Renee	10:00-10:45am SilverSneakers® Yoga Shari	10:00-10:45am Zumba Gold® Myrna	9:30 - 10:25am Zumba Blake
11:00-11:55am Gentle Yoga Barb	11:00-11:45am SilverSneakers® Yoga Shari	11:00-11:55am Tai Chi Jim	11:00-11:55am Yogalates Randi	11:00-11:55am Gentle Yoga Donna	10:30-11:25am Yoga Flow Tunde
12:45-1:30pm SilverSneakers® Circuit Renee	12:45-1:30pm SilverSneakers® Classic Barb	12:45-1:30pm SilverSneakers® Yoga Shari	12:45-1:30pm SilverSneakers® Circuit Tunde	12:45-1:30pm SilverSneakers® Classic Shari	NEW CLASS
4:00-4:55pm Restorative Yoga Donna	4:30-5:25pm Pilates Roseann	4:00-4:55pm Yoga Flow Donna	4:30-5:25pm Pilates Roseann		
5:30-6:25pm Cardio Fitness Trip		5:30-6:25pm Yoga Fitness Trip			

Classes included in all 24/7 memberships.

Staffed hours Monday thru Thursday 8am - 6pm Friday 8am - 1pm Saturday 8am - 11am

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

Phone 727-367-0075

Effective February 12, 2018