

## Fit For Life Group Cycle Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:25am Energize Cycling Vicki	8:30-9:25am Cycle Craze Karen	8:30-9:25am Energize Cycling Vicki	8:30-9:25am Cycle Craze Lynn	8:30-9:25am Energize Cycling Vicki	9:00-9:55am Power Cycling Anna
9:30-10:25am Cycle Craze Lynn	10:00-11:00am Men's Power Hour in cycling room.	9:30-10:25am Cycle Craze Bonnie	10:00-11:00am Men's Power Hour in cycling room.		10:00-10:45am Cycle Express Anna
11:00am-Noon Women on Weights in cycling room.	11:00am-Noon TRX & more in cycling room.	11:00am-Noon Women on Weights in cycling room.	Noon-1:00pm TRX & more in cycling room.		
				Cycling room in use.	<b>Sunday</b>
					9:00-9:55am Power Cycling Vicki

## Fit For Life Group Exercise Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-8:55am Cardio Circuit Myrna	8:00-8:55am Dance Fusion Suze	8:00-8:55am Cardio Circuit Myrna	8:00-8:55am Dance Fusion Suze		
9:00-9:55am Cardio Circuit Renee	9:00-9:55am Dance Fusion Renee	9:00-9:55am Cardio Circuit Renee	9:00-9:55am Dance Fusion Renee	8:30-9:25am Pilates Renee	8:30-9:25am Dance Fusion Renee
10:10-10:55am SilverSneakers® Classic Angie	10:10-10:55am SilverSneakers® Stability Shari	10:10-10:55am SilverSneakers® Circuit Renee	10:10-10:55am SilverSneakers® Yoga Shari	10:10-10:55am Zumba Gold® Myrna	9:45-10:40am Yoga Flow Tunde
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	
12:45-1:30pm SilverSneakers® Circuit Tunde		12:45-1:30pm SilverSneakers® Yoga Shari	12:45-1:30pm SilverSneakers® Stability Shari	12:45-1:30pm SilverSneakers® Classic Shari	
4:00-4:55pm Restorative Yoga Donna	4:00-4:55pm Yogalates Randi	4:00-4:55pm Yoga Flow Donna			<b>New Class</b>

Classes included in all 24/7 memberships.

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

Fit For Life 575 75th Avenue, St. Pete Beach, FL 33706 [www.iamfitforlife.com](http://www.iamfitforlife.com)

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Effective February 4, 2019