














575 75th Avenue  
 St Pete Beach, FL 33706  
 (727) 367- 0075  
[www.iamfitforlife.com](http://www.iamfitforlife.com)

**Club Hours**  
 Monday - Thurs - 7am - 7pm  
 Friday - 7am - 6pm  
 Saturday - 8am - 12pm (noon)  
 Sunday - CLOSED

## Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:30am Cardio Circuit Ron/Renee	8:30-9:30am Aerobic Dance Renee	8:30-9:30am Cardio Circuit Renee	8:30-9:30am Aerobic Dance Renee	8:30-9:30am Power Cycling Ron	7:00am Walk/ Run with St Pete Road Runners
9:30-10:30am Silversneakers® MSROM Shari		8:30-9:30am Cycle Jam Tom	9:00-9:45 Newbie Cycling (Beginners) Tom	9:30-10:30am Silversneakers® MSROM Myrna/Shari	9:00-10:00am Cardio Circuit / Aerobic Dance Roseann/Renee
		11:00-12:00pm Silversneakers® Yoga Stretch Shari			10:00-11:00am Power Cycling Ron
5:15-6:15pm Power Cycling Ron	5:30-6:30pm Cycle 'n' Pump Carl	5:30-6:30pm Gentle Yoga Michelle	5:30-6:30pm Cardio Core Roseann		10:00-11:00am Gentle Yoga Michelle
6:00-7:00pm Intermediate Yoga Pam					

Free Classes for Members

Guest Day Pass \$10.00 (tax included)

Effective June 2010