

Fit For Life Facebook Live Exercise Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-9:45am Dance Fusion Renee	9:00-9:45am Pilates Randi		9:00-9:45am Pilates Randi	9:00-9:45am Dance Fusion Renee	
10:00-10:45am SilverSneakers® Classic Renee	10:00-10:45am SilverSneakers® Stability Tunde		10:00-10:45am SilverSneakers® Yoga Karen	10:00-10:45am SilverSneakers® Circuit Renee	
11:00-11:45am Bone Density Fitness Karen	11:00-11:45am Gentle Yoga Tunde		11:00-11:45am Bone Density Fitness Karen	11:00-11:45am Yoga Flow Tunde	

We miss you and thank you for your support during this difficult time.

Fit For Life 575 75th Avenue, St. Pete Beach, FL 33706
Phone 727-367-0075

www.iamfitforlife.com

Effective April 6, 2020