

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 Ron	8:30-9:25am Energize Cycling Vicki	8:30-9:25am Cycle Craze Ron	8:30-9:25am Energize Cycling Vicki	9:00-9:55am Power Cycling Anna
					Beginner Cycling 10:00-10:30am Anna
12:00-1:00pm Cycling room in use.			12:00-1:00pm Cycling room in use.		
	5:30-6:00pm Cycle Express Roseann		5:30-6:00pm Cycle Express Roseann		

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	9:45-10:40am Yoga Flow Tunde
11:00-11:55am Gentle Yoga Barb	11:00-11:45am SilverSneakers® Yoga Shari			11:00-11:55am Gentle Yoga Donna	
12:45-1:30pm SilverSneakers® Circuit Renee		12:45-1:30pm SilverSneakers® Yoga Shari		12:45-1:30pm SilverSneakers® Classic Shari	
4:00-4:55pm Restorative Yoga Donna	4:30-5:25pm Total Fitness Roseann	4:00-4:55pm Yoga Flow Donna	4:30-5:25pm Total Fitness Roseann		

Classes included in all 24/7 memberships.

Staffed hours Monday 8am - 6pm Tuesday thru 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 July 16, 2018