



Fit For Life Group Cycle Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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 Charlene	
					9:00-9:55am Power Cycling Roseann
	5:30-6:25pm Power Cycling 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	9:30 - 10:25am Zumba Blake
11:00-11:55am Gentle Yoga Barb	11:00-11:45am SilverSneakers® Yoga Shari		11:00-11:55am Yogalates Teresa	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® Yoga Shari		12:45-1:30pm SilverSneakers® Classic Shari	
4:00-4:55pm Restorative Yoga Donna		4:00- 4:55 Gentle Yoga Donna			
5:30-6:25pm Pilates Roseann			5:30-6:25pm Pilates Roseann		

Classes included in all 24/7 memberships.

Staffed hours Mon - Thurs 8am-6pm Fri 8am - 1pm
Fit For Life 575 75th Avenue, St. Pete Beach, FL 33706

Sat 8am - 11am
www.iamfitforlife.com

Phone 727-367-0075

Effective September 1, 2017