



575 75th Avenue
 St Pete Beach, FL 33706
 (727) 367- 0075
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 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 Aerobic Dance Renee
8:30-9:30am Power Cycling Bonnie	10:00-11:00 Tai Chi Jim	9:30-10:15 Basic Cycling Bonnie		8:30-9:30 Power Cycling Ron	9:00-10:00 Power Cycling Ron
11:00-12:00pm Sneakers® MSROM-strength Angie	11:00-12:00pm Sneakers® Yoga Stretch Angie	11:00-12:00pm Sneakers® MSROM-strength Shari	11:00-12:00pm Sneakers® Yoga Stretch Angie	11:00-12:00pm Sneakers® Cardio Circuit Myrna	10:00-11:00 Gentle Yoga Christine
			2:00-3:00pm Gentle Yoga Christine		
5:30-6:30pm Intermediate Yoga Jennifer		5:30-6:30pm Gentle Yoga Jennifer			Must Have Own Towel To Workout
	5:30-6:30pm Cycle 'n' Pump Roseann	5:45-6:45pm Power Cycling Debbie	5:30-6:30pm Cycle 'n' core Roseann		Beginners Welcome To All Group Classes

Classes free for members
 Class Schedule Subject to Change

Guest Pass \$10.00 (tax included)
 Effective February 2012