

Fit For Life Group Cycle Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:25am Energize Cycling Lynn	9:00-9:45am Cycle Craze Brennan	8:30-9:25am Energize Cycling Vicki		8:30-9:25am Energize Cycling Vicki	9:00-9:55am Cycle Craze Anna
			Sm Grp Training Weights and More Randi 10:00-11:00am		

Fit For Life Group Exercise Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-9:50am Dance Fusion Renee	9:00-9:50am Power Yoga Tunde	9:00-9:50am Cardio Circuit Renee	9:00-9:50am Pilates Randi	9:00-9:50am Dance Fusion Renee	
10:00-10:45am SilverSneakers® Classic Myrna	10:00-10:45am SilverSneakers® Stability Tunde	10:00-10:45am SilverSneakers® Circuit Renee	10:00-10:45am SilverSneakers® Yoga Barb	10:00-10:45am Zumba Gold Maria	10:00-10:55am Yoga Flow Tachi
		11:00-11:55am Restorative Yoga Cheri		11:00-11:55am Gentle Yoga Wendy	

Staffed Hours Monday - Friday 8am - Noon

Fit For Life 575 75th Avenue, St. Pete Beach, FL 33706

www.iamfitforlife.com

Phone 727-367-0075

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