

# **FIT FOR LIFE**



**We are CLOSED due to the Hurricanes but below is a list where FFL teachers have classes.**

## **Class & Club Updates**

- Try LA Fitness & Gills YMCA for an alternative to FFL
- Myrna teaches 3 classes at the Bardmoor YMCA in Largo – Saturday at 12:30 (SS Classic), Tuesday at 2:30 (Cardio Dance) & Thursday at 8am (Low Impact)
- Maria teaches Zumba Gold at Gills YMCA in St Pete – Tuesday at 1:30
- Tunde teaches yoga in Pasadea at Galatea Garden Park - Saturday at 9:30am (\$15)
- Eileen teaches a FREE Plyojam+ Zoom class - Monday & Wednesday at 9am (email us for the password)
- Tachi teaches yoga at PYCC - Monday/Friday at 10am
- Nancy teaches yoga at Walter Fuller Park at 10am Tuesday/Thursday (Donations accepted)

