











SUNCOAST FITNESS GROUP EXERCISE

Group Fitness • Schedule of Classes on back

SPIN ROOM							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am			 SPIN® (Joyce)		 LES MILLS sprint	 SPIN® (Laurie)	
8:00 am							 SPIN® 8:00-8:50 (Michelle)
8:15 am							
8:30 am	 SPIN® (Joyce)						
9:00 am							
9:15 am							
9:30 am			 LES MILLS sprint (Mariana)		 SPIN® (Mimi)		 LES MILLS sprint (Brooke)
4:45 pm							
5:45 pm		 SPIN® (Mimi)		 SPIN® (Michelle)			

The Sucoast Fitness Exercise program is directed by Mariana Di Cristo, LesMills Body Pump, Body Combat, CXWorx, SPRINT and Grit Instructor. Spinning, Silver Sneakers, AFFA Certified.

Email: mdicri1@live.spcollege.edu

SERIOUS FITNESS FOR EVERY BODY

203 38th Avenue North • St. Petersburg, Florida 33704 (727) 822-9394

CLASS PASS

Check out our new
CLASS PASS
No Membership Required

15 - Classes \$100.00
10 - Classes \$80.00
5 - Classes \$50.00



**COME CHECK OUT
11X
PERFORMANCE**

**Monday - Thursday
6pm
Saturdays - 9:00am
Additional Fees



LesMills Sprint® is a 30 minute High-Intensity Interval Training (HIIT) workout, using an indoorbike to achieve fast results.

CLUB

CLUB HOURS

Open at 5:00 am Monday and
remains open 24 hours a day
until close Friday at 9 pm.

Saturday 6 AM - 7PM

Sunday 8 AM - 7 PM


LES MILLS
GRIT SERIES™
30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

CHILD CARE HOURS

Monday 8-12:00 / 4-8:00
Tuesday 8-12:00 / 4-8:00
Wednesday 8-12:00 / 4-8:00
Thursday 8-12:00 / 4-8:00
Friday 8-12:00 / 4-8:00
Saturday 8-12:00 **Sunday 8:30-12:00**


HEALTHWAYS
Silver Sneakers®
FITNESS





















***See Front Desk for details CHILD CARE**

Child care is provided at a small charge for members with young children. The child care facility is fully stocked with safe toys, learning materials, a TV, VCR and the friendly staff is fully trained.

GOLD ROOM

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am							
7:15 am		 SilverSneakers CLASSIC FITNESS (Angie 45 min)	 SilverSneakers FITNESS YOGA (Angie 45 min)	 SilverSneakers CLASSIC FITNESS (Angie 45 min)		 SilverSneakers CLASSIC FITNESS (Angie 45 min)	
8:00 am			VINYASA YOGA (Di)		VINYASA YOGA (Di)		HATHA YOGA (Di)
8:15 am		Cardio/Abs (Wendy)		LOW IMPACT (Angie 45 min)		LOW IMPACT (Amy)	
8:30 am							
9:15 am		ZUMBA (Blanka)	HATHA YOGA (Di)	ZUMBA (Blanka)	HATHA YOGA (Di)	PERFECT TENS (Amy)	
9:45 am							ZUMBA (Adriana)
10:30 am	 BODYFLOW (Sussannah)						
10:45 am		 SilverSneakers FITNESS (Mariana)	 SilverSneakers CIRCUIT FITNESS (Tracy)	 SilverSneakers FITNESS (Tracy)		 SilverSneakers FITNESS (Amy)	YOGA (Betsy)
4:30 pm							
5:30 pm							
5:45 pm		ZUMBA (Lisa)	ZUMBA (Michelle)	FUNCTIONAL CORE (Wendy)	ZUMBA (Adriana)		
6:00 pm							
6:45 pm		YOGA (Rita)	YOGA (Betsy)	 BODYFLOW (Carol)	 BODYFLOW (Lisa)		

RED ROOM

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am		 BODYPUMP (Teresa)		 BODYPUMP (Lana)			
8:00 am							STEP (Warren)
8:15 am		 BODYCOMBAT (Mariana)	 BODYPUMP (Mariana)	 BODYCOMBAT (Mariana)	 BODYPUMP CX WORK (Jennie)	 BODYPUMP (Barbara)	
8:30 am	 BODYPUMP (David)						
9:00 am							11X Outside 8:55am
9:15 am	 BODYCOMBAT (David) 9:30	 BODYPUMP CX WORK (Jennie)		 BODYPUMP (Barbara)		 BODYSTEP (Lisa)	
10:00 am							CXWORK (Mariana)
10:30 am						ZUMBA (Sue)	
5:30 pm			 BODYPUMP (George/Teresa) 1 hour		CXWORK (Courtney) 5:30 - 30 Min		
5:45 pm		 BODYSTEP (Lisa)		ZUMBA (Kayla)		11X 5:55pm	 BODYVIVE (Brooke)
6:00 pm		11X Outside	11X Outside	11X Outside		 BODYCOMBAT (Courtney)	
6:30 pm			CXWORK (George/Mariana)				
6:45 pm		 BODYPUMP (Mimi)		 BODYPUMP (Warren)			
7:00 pm			 BODYCOMBAT (George)		 BODYPUMP (MiMi)		