



CITY GYM ATHLETIC CLUB
 33 6th Street South
 St. Petersburg, FL 33701
 (727) 898-3302

GROUP FITNESS SCHEDULE

All classes are subject to change

* Fee required

Free for City Gym members.

\$10 per class for non-member.

\$30 per month for Group Fitness Membership

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------|---------------------------|----------------------------------|-------------------------------|----------------------------------|--------|----------------------------------|
| 8AM | | Yoga 8:00 to 9:00 | | Yoga 8:00 to 9:00 | | |
| 9AM | | | | | | |
| 10AM | | | | | | Abs, Glutes & Thighs 10 to 11 |
| 11AM | | | | | | Cardio BOXING 11 to 12 |
| 12PM | | | | | | |
| :15 | | Pilates Express 12:15 – 12:45 | Yoga 12:15 – 1:00 | Pilates Express 12:15 – 12:45 | | |
| 1PM | | | | | | |
| 4:30 PM | | | | | | |
| 5PM :30 | | Cardio BOXING 5:30 to 6:30 | Fit Camp 5:30 to 6:30 | | | |
| 6PM :30 | Yogilates 6:00 to 7:00 | | | | | |
| 7PM | | | Spiral Strength* 7 to 8:30 | | | |

NEW
Starting
Oct.
6th

www.citygymstpete.com