

Seriously FUN Fitness Group Fitness Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM - 6:15 AM	Head-to-Toe* @Mad Beach Rec	<i>Personal Training & Yoga Therapy Sessions</i>	Head-to-Toe* @Mad Beach Rec	<i>Personal Training & Yoga Therapy Sessions</i>	Head-to-Toe* @Mad Beach Rec	<i>Workshops, Seminars and Teacher Trainings</i>	
7:00 AM - 7:45 AM	Head-to-Toe* @Mad Beach Rec		Head-to-Toe* @Mad Beach Rec		Head-to-Toe* @Mad Beach Rec		
9:00 AM - 9:45 AM	Head-to-Toe* @Mad Beach Rec		Head-to-Toe* @Mad Beach Rec		Head-to-Toe* @Mad Beach Rec		
6:00 PM - 7:15 PM	FitYoga Fusion @SFF Shala	SlowFlow @SFF Shala	FitYoga Fusion @SFF Shala	SlowFlow @SFF Shala			

**Madeira Beach
Recreation Center**
200 Rex Place
Madeira Beach, FL 33708

**Seriously FUN Fitness
Shala**
5153 102nd Street N
St. Petersburg, FL 33708

(727) 504-5238

**SeriouslyFunFitness@
gmail.com**

PRICING INFORMATION:

Head-to-Toe Conditioning - 5 Weeks/ 3 x's Per Week	\$75*
Unlimited Yoga Monthly	\$50
Yoga 10 Class Card	\$80
Head-to-Toe 10 Class Card	\$60
Yoga Class Drop-In Fee	\$15
Head-to-Toe Drop-In Fee	\$ 8
<i>Personal Training (discount on packages)</i>	\$40
<i>Yoga Therapy (discount on packages)</i>	\$65

** The Head-to-Toe Conditioning Program runs 5 weeks on/1 week off.*

Message Us for Current Year's List of Start Dates



**Class Schedule
Begins March 25, 2019**