

Join us outside for fitness, fun and paradise!

Classes hosted by *Generations Yoga and Fitness*

Boot Camp: Just what it sounds like - a challenging and fun workout that will get your heart pumping and your calories burnin! This class will incorporate cardio, strength, core and flexibility training in an interval format. Come join us as we explore the beautiful outdoors while getting in an awesome workout.

Mondays at 6:00 p.m. (60 min.) Meet at the outdoor pavilion.

Thursdays at 6:00 p.m. (45 min.) Meet in the parking lot. We will run/ bike (your choice) on the trail just south of the hotel. Our goal will be to increase our endurance and distance each week.

Participants will also have the option of completing a simple food log and receiving individualized feedback on nutrition during this six-week training.

*\$49 for six weeks (\$25 for a new buddy); Pre-registration requested;
Drop in price: \$10 per class.*

Magnuson Hotel Marina Cove (formerly the Holiday Inn Sunspree)
6800 Skyway Lane, St. Petersburg, FL 33711

Classes may be held in one of the hotel conference rooms in inclement weather;
Call 727-688-9597 for weather/location information.

Check www.generationsyoga.com or call 727-688-9597 for updates on available classes, small group classes, and for personal training options.

**Note: Saturday Morning Family Yoga and Monday Aqua Fit Classes
will resume in the Spring!**