

# NEW Outdoor Fitness Classes at the Holiday Inn SunSpree!

6800 Sunshine Skyway Lane, St. Petersburg, 33711

## Class Descriptions:

**Mondays:** A fun and invigorating outdoor class that begins with cardio, strength, and core training and ends with a wonderful yoga experience. Effective like a boot camp, but much more fun! All levels welcome. Meet under the Pavilion  
**6:00 p.m. - Cardio/Strength/Core (30 minutes) and Yoga (30 minutes) (Bring a mat or towel)**

**Wednesdays:** An awesome low impact, high energy **Aquafit class** that will include cardio, strength and flexibility training. All levels welcome; participants need basic swimming experience and to wear a suit (suitable) for exercise!  
**(6:00 – 6:45 p.m.)** Meet at the pool (large pool during the summer/smaller, heated pool during cooler weather)

**Saturdays: Family Yoga** - A fun and lighthearted , outdoor yoga class. Come one, come all for this class designed for all ages. Great for family bonding time and for teaching the kids the basic principles of yoga.  
**9:30 - 10:30 a.m.** Meet at the Pavilion

Classes will be cancelled if inclement weather;  
Call 727-688-9597 for weather/cancellation information.

Cost: By donation. A portion of the proceeds will be used to send a local public school teacher on our upcoming adventure trip. No reservations necessary.

**Benefits – Overall wellness benefits including increased self esteem, lower blood pressure, heart health, increased overall muscular strength and balance, core strength, flexibility and endurance, improved posture and body alignment, weight loss, and reduced body fat and stress.**

Check the Website for details about these classes, classes at our local studio, small group classes, and for personal training options

[www.generationsyoga.com](http://www.generationsyoga.com)