

This February - forget about the boys & love yourself instead! 2012 is your year!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	January 30 6:00-7:00am All Level Boot Camp 5:00-6:00pm Open Gym 6:00-7:00pm Bikini Blast Boot Camp (High Intensity) 7:00-8:00pm Circuit Training	January 31 6:00-7:00am Triple Threat 7:30-8:30am Body Sculpt 8:30-9:30am All Level Boot Camp 9:30-10:15am All Level Boot Camp 5:30-7:30pm Complete 120	February 1 6:00-7:00am All Level Boot Camp 5:00-6:00pm Open Gym 6:00-7:00pm KB2 Boot Camp & Bridal Boot Camp 7:00-8:00pm Circuit Training	February 2 6:00-7:00am Triple Threat 7:30-8:30am Body Sculpt 8:30-9:30am All Level Boot Camp 9:30-10:15am All Level Boot Camp 6:00-7:30pm Run, Baby, Run <i>Coffee Pot Park (30th Avenue and 1st Street)</i>	February 3 6:00-7:00am All Level Boot Camp 5:00-6:00pm Open Gym 6:00-6:30pm Stretching 6:30-9:00pm "Look Good, Feel Good" Seminar *bring make-up	February 4 8:00-8:45am Body Sculpt 9:00-10:30am Fit Body, Fit Soul Challenge {open to only those who are a part of the Biggest Loser Challenge} @ the Studio
February 5 Family Fit Day <i>{kids may attend either class for no charge, Guardian must be present}</i> 8:00-9:00am Climb, Baby, Climb <i>Pinellas Trail, Bridge & Stair runs, meet at Tyrone Blvd & 38th Ave near Walmart</i> 8:30-9:30am All Level Boot Camp 9:30-10:30am Tabata Love	February 6 6:00-7:00am All Level Boot Camp 5:00-6:00pm Open Gym 6:00-7:00pm Bikini Blast Boot Camp (High Intensity) 7:00-8:00pm **NEW** Pilates Sculpt **combining Body Sculpt with Pilates	February 7 6:00-7:00am Triple Threat 7:30-8:30am Body Sculpt 8:30-9:30am All Level Boot Camp 9:30-10:15am All Level Boot Camp 5:30-7:30pm Complete 120 <i>Come in anytime between 5:30 & 7:30</i> <i>*Counts as 1 class</i>	February 8 6:00-7:00am All Level Boot Camp 5:00-6:00pm Open Gym 6:00-7:00pm KB2 Boot Camp & Bridal Boot Camp 7:00-8:00pm Circuit Training	February 9 6:00-7:00am Triple Threat 7:30-8:30am Body Sculpt 8:30-9:30am All Level Boot Camp 9:30-10:15am All Level Boot Camp 6:00-7:15pm Run, Baby, Run <i>Pinellas Trail, Bridge & Stair runs, meet at Tyrone Blvd & 38th Ave near Walmart</i>	February 10 6:00-7:00am All Level Boot Camp 5:00-6:00pm Open Gym 6:00-7:00pm Pilates Stretch **combining an intense core class along with a much needed stretch session	February 11 8:00-8:45am Body Sculpt 9:00-10:30am Fit Body, Fit Soul Challenge {open to only those who are a part of the Biggest Loser Challenge} @ the Studio

<p>February 12</p> <p>Family Fit Day <i>{kids may attend either class for no charge, Guardian must be present}</i></p> <p>8:00-9:00am Climb, Baby, Climb <i>Meet at Progress Energy Park (downtown St. Petersburg)</i></p> <p>8:30-9:30am All Level Boot Camp</p> <p>9:30-10:30am Tabata Love</p>	<p>February 13</p> <p>6:00-7:00am All Level Boot Camp</p> <hr/> <p>5:00-6:00pm Open Gym</p> <p>6:00-7:00pm Bikini Blast Boot Camp (High Intensity)</p> <p>7:00-8:00pm Pilates Sculpt</p> <p><i>**combining Body Sculpt with Pilates</i></p>	<p>February 14</p> <p>6:00-7:00am Triple Threat</p> <p>7:30-8:30am Body Sculpt</p> <p>8:30-9:30am All Level Boot Camp</p> <p>9:30-10:15am All Level Boot Camp</p> <hr/> <p>5:30-7:30pm Complete 120</p> <p><i>Come in anytime between 5:30 & 7:30 *Counts as 1 class</i></p>	<p>February 15</p> <p>6:00-7:00am All Level Boot Camp</p> <hr/> <p>5:00-6:00pm Open Gym</p> <p>6:00-7:30pm Stress Free Seminar</p> <p>Bring a yoga mat & a blanket/sweater</p> <p>Learn how to be stress free & balance your life</p> <p>Flexibility & meditation will be included</p>	<p>February 16</p> <p>6:00-7:00am Triple Threat</p> <p>7:30-8:30am Body Sculpt</p> <p>8:30-9:30am All Level Boot Camp</p> <p>9:30-10:15am All Level Boot Camp</p> <hr/> <p>6:00-7:30pm Run, Baby, Run All levels of fitness</p> <p><i>Coffee Pot Park (30th Avenue and 1st Street)</i></p>	<p>February 17</p> <p>6:00-7:00am All Level Boot Camp</p> <hr/> <p>5:00-6:00pm Open Gym</p> <p>6:00-7:00pm Pilates Stretch</p> <p><i>**combining an intense core class along with a much needed stretch session</i></p>	<p>February 18</p> <p>8:00-8:45am Body Sculpt</p> <p>9:00-10:30am Fit Body, Fit Soul Challenge {open to only those who are a part of the Biggest Loser Challenge}</p> <p>@ the Studio</p>
<p>February 19</p> <p>Family Fit Day <i>{kids may attend either class for no charge, Guardian must be present}</i></p> <p>8:00-9:00am Climb, Baby, Climb <i>Pinellas Trail, Bridge & Stair runs, meet at Tyrone Blvd & 38th Ave near Walmart</i></p> <p>8:30-9:30am All Level Boot Camp</p> <p>9:30-10:30am Tabata Love</p>	<p>February 20</p> <p>6:00-7:00am All Level Boot Camp</p> <hr/> <p>5:00-6:00pm Open Gym</p> <p>6:00-7:00pm Bikini Blast Boot Camp (High Intensity)</p> <p>7:00-8:00pm Pilates Sculpt</p> <p><i>**combining Body Sculpt with Pilates</i></p>	<p>February 21</p> <p>6:00-7:00am Triple Threat</p> <p>7:30-8:30am Body Sculpt</p> <p>8:30-9:30am All Level Boot Camp</p> <p>9:30-10:15am All Level Boot Camp</p> <hr/> <p>5:30-7:30pm Complete 120</p> <p><i>Come in anytime between 5:30 & 7:30 *Counts as 1 class</i></p>	<p>February 22</p> <p>6:00-7:00am All Level Boot Camp</p> <hr/> <p>5:00-6:00pm Open Gym</p> <p>6:00-7:00pm KB2 Boot Camp & Bridal Boot Camp</p> <p>7:00-8:00pm Circuit Training</p>	<p>February 23</p> <p>6:00-7:00am Triple Threat</p> <p>7:30-8:30am Body Sculpt</p> <p>8:30-9:30am All Level Boot Camp</p> <p>9:30-10:15am All Level Boot Camp</p> <hr/> <p>6:00-7:30pm Run, Baby, Run **Last Thursday of the Month**</p> <p>*Beach Boot Camp at Northshore Park</p>	<p>February 24</p> <p>6:00-7:00am All Level Boot Camp</p> <hr/> <p>5:00-6:00pm Open Gym</p> <p>6:00-7:00pm Pilates Stretch</p> <p><i>**combining an intense core class along with a much needed stretch session</i></p>	<p>February 25</p> <p>No Body Sculpt this morning</p> <p>Suncoast Run For the Kids Race (10K & 5K)</p> <p>9:30-10:30am Max Out Boot Camp *high intensity</p>

February 26	February 27	February 28	February 29	March 1	March 2	March 3
<p>Family Fit Day <i>{kids may attend either class for no charge, Guardian must be present}</i></p> <p>8:00-9:00am Climb, Baby, Climb <i>Meet at Progress Energy Park</i></p> <p>8:30-9:30am All Level Boot Camp</p> <p>9:30-10:30am Tabata Love</p>	<p>6:00-7:00am All Level Boot Camp</p> <hr/> <p>5:00-6:00pm Open Gym</p> <p>6:00-7:00pm Bikini Blast Boot Camp (High Intensity)</p> <p>7:00-8:00pm Pilates Sculpt</p>	<p>6:00-7:00am Triple Threat</p> <p>7:30-8:30am Body Sculpt</p> <p>8:30-9:30am All Level Boot Camp</p> <p>9:30-10:15am All Level Boot Camp</p> <hr/> <p>5:30-7:30pm Complete 120</p> <p><i>Come in anytime between 5:30 & 7:30 *Counts as 1 class</i></p>	<p>6:00-7:00am All Level Boot Camp</p> <hr/> <p>5:00-6:00pm Open Gym</p> <p>6:00-7:00pm KB2 Boot Camp & Bridal Boot Camp</p> <p>7:00-8:00pm Circuit Training</p>	<p>6:00-7:00am Triple Threat</p> <p>7:30-8:30am Body Sculpt</p> <p>8:30-9:30am All Level Boot Camp</p> <p>9:30-10:15am All Level Boot Camp</p> <hr/> <p>6:00-7:30pm Run, Baby, Run All levels of fitness</p> <p><i>Coffee Pot Park (30th Avenue and 1st Street)</i></p>	<p>6:00-7:00am All Level Boot Camp</p> <hr/> <p>5:00-6:00pm Open Gym</p> <p>6:00-7:00pm Pilates Stretch</p>	<p>8:30-9:30am Body Sculpt</p> <p>9:30-10:30am Max Out Boot Camp</p> <p>GASPARILLA RACE 15K, 5K</p>

Keep up all the good work! For those interested in our Challenges – our next one is scheduled to begin May 1st – so until then, create a schedule that works for you. We will continue to have in-studio challenges to keep you focused! xo

Class Descriptions

All Level Boot Camp: Open to *all levels of fitness*, includes: interval training, circuit training, repetition workouts, cardio & strength training. Relays, drills & non-stop action!

Bikini Blast Boot Camp: *High-intensity* class that takes Boot Camp to another level, increased complexity of drills, more running included. Focus is typically on the lower body and core.

Body Sculpt: An all weighted class working the entire body, great for all levels of fitness! Bring workout gloves.

Circuit Training: Warm-up together as a group and then break into stations where you will focus on a particular exercise and then when the whistle blows, you move on to the next exercise. This is for *all levels of fitness* and a *great class for beginners*.

Complete 120: Open gym style workout, counts as a single Boot Camp session but you can come in anytime between 5:30 and 7:30pm. Choose how you want to spend your evening – you can lift weights, complete our “workout of the day” or complete some Tabata drills. Trainer present to help along. Bring a friend for no charge along with you.

KB2 Boot Camp: *High-intensity* class that includes use of punching mitts & kickboxing drills, along with Kettlebell exercises – other exercises include: jump roping, shuffle drills, and intense interval training.

Max Out Boot Camp: Our highest intensity class – don’t show up if you are not ready to workout. Begins: Feb. 25th!

Pilates Sculpt: The ultimate core and body toning class using a mat and has a huge focus on body sculpting as well. So you’ll get the best of both worlds!

Pilates Stretch: An intense core-focused class that also revitalizes your body through stretching techniques to leave you feeling absolutely amazing for your weekend.

Run, Baby, Run: Runs led along with a folder of all your workouts to make sure you’re progressing – runs are ran at Coffee Pot Park (1st Street and 30th Avenue North) towards the Pier along Coffee Pot Blvd – routes are broken into mileage: 2, 4, 6, 8 & 10 m. We also have added runs at Pinellas Trail (bridge & stair runs) & Beach Workouts. Just check the schedule to see where we are meeting! FREE CLASS!

Tabata Love: Interval training sequence that moves along somewhat like a fun game and keeps you entertained – come prepared to sweat and burn lots of calories! You will burn TONS of calories in this one, guaranteed!

Triple Threat: 20 minutes each of the following: strength training, cardio & flexibility/balance. Everything you’ve ever wanted in a group fitness class, wrapped up into one! For all levels of fitness.

Fit For Fashion Studio * [Http://www.FitForFashionStPete.com](http://www.FitForFashionStPete.com) * Owner: Rebekah Reidy, Cell: 727-543-6268 * 2762 25th Street North, St. Pete, FL 33713

Class Prices

Single Drop-In: \$10.00

4 Classes: \$30.00 (\$7.50/class)

8 Classes: \$55.00 (\$6.86/class)

12 Classes: \$70.00 (\$5.83/class)

Unlimited Sessions: \$85.00 (30 days)

***All packages expire within 30 days**

***Add more time onto your package (except for Unlimited) by paying: \$10.00 Expiration Extender**

Thursday Evenings, 6:00-7:30pm – Free Class!

Bridal Boot Camp: \$25.00 for 4 classes (only \$5/class)

For 1-on-1 sessions or additional services – simply contact us:

FitForFashionStPete@gmail.com

Live. Love. Laugh. Workout.