

December 2025 Group Fitness Classes

	Monday	Tuesday	Wednesday	Thursday	Friday
LUNCH			December 3, 10, 17 12:15 to 12:45 Yoga Flow <i>Shannon</i>		December 5, 12, 19 12:30 to 1:15 Restorative Yoga <i>Shannon</i>
PM			December 3, 10, 17 5:30 to 6:30 Step 'n' Sculpt <i>John/Lisa</i>		

All classes are modifiable for all fitness levels.

Restorative Yoga (45 minutes): A restful yoga practice that prioritizes long holds to gain a deeper stretch and emphasizes the meditative aspect of the mind-body connection.

Step 'n' Sculpt (1 hour): Step your way to a healthy heart, tone your core, and show your muscles some love with a feel-great stretch.

Yoga Flow (30 minutes): A moderately vigorous, creative, uplifting yoga flow sequence and meditation practice.

**All classes are held at the Wellness Center,
324 South Fort Harrison Avenue, Clearwater.**

www.pinellas.gov/group-fitness-classes

