



PERSONAL TRAINING

6 - 30 Minute Sessions	\$330
6 - 45 Minute Sessions	\$360
12 - 30 Minute Sessions	\$600
12 - 45 Minute Sessions	\$660
12 - 1 Hour Sessions	\$780

BOXING/KICKBOXING

8 - 30 Minute Sessions	\$360
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Training Buddy? - Not a problem.
Add \$15 per session/per person.

TRAINERS

Jim Conahan	(727) 512-4404
Ed Chester	(352) 514-8074
Gisel Gallisa	(727) 686-8392

LOCATION & HOURS

2301 9th St N, St. Petersburg, FL 33704

(727) 823-SPIN (7746)

SIGN UP ONLINE TODAY!

www.spinnergyfitness.com

Monday - Friday	5 am to 8 pm
Saturday	7 am to 6 pm
Sunday	8 am to 6 pm



SPIN SCHEDULE

MONDAY

9 am - 10 am | Jim
6 pm - 7 pm | Jim
7 pm - 8 pm | Jana

TUESDAY

6 am - 7 am | Jana
9 am - 10 am | Claire
6 pm - 7 pm | Jim

WEDNESDAY

6 am - 7 am | Claire
9 am - 10 am | Jim
6 pm - 7 pm | Jim
7 pm - 8 pm | Jana

THURSDAY

6 am - 7 am | Jana
9 am - 10 am | Claire
6 pm - 7 pm | Jim

FRIDAY

6 am - 7 am | Claire
9 am - 10 am | Jim

SATURDAY

7:30 - 8:30 am | Jana
9 am - 10 am | Jim

SUNDAY

10 am - 11 am | Karina

SPIN PACKAGES

1 - Class	\$25/\$25*
5 - Classes	\$85/\$85*
10 - Classes	\$120/\$105*
Unlimited Classes w/Full Gym Access	\$145/\$110*

****Spin Packages with personal training***

A reserved class must be cancelled four hours in advance.

YOUR FIRST CLASS IS FREE!

BOOK YOUR BIKE ONLINE TODAY!

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