



## PAGANO GYM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
0830-0930	Toning (Anna-Maria)		Toning (Anna-Maria)		Fitball (Anna-Maria)
0930-1030					Toning (Anna-Maria)
1100-1200	H.I.I.T. (Suki)	Toning (Anna-Maria)	H.I.I.T. (Suki)		

**\*FEES ARE \$4.00 PER CLASS OR YOU CAN PURCHASE A 30 VISIT PASS FOR \$90.00.**

**FITBALL** - TOTAL BODY TONING, IMPROVE STRENGTH AND BALANCE USING A STABILITY BALL

**H.I.I.T.** - JUST WHAT IT STANDS FOR: HIGH INTENSITY INTERVAL TRAINING

**TONING** - TOTAL BODY WEIGHT TRAINING, USING BODY WEIGHT AND LIGHT DUMBBELLS



## REDSTONE AQUATICS CENTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
0800 - 0845		Water Aerobics (Suki)		Water Aerobics (Suki)	

STANDARD AQUATICS CENTER RATES APPLY. \$4.00 PER CLASS

\*THERE WILL BE NO CLASSES ON HOLIDAYS.

\*CLASSES MAY BE CHANGED OR CANCELED DUE TO UNFORESEEN CIRCUMSTANCES.