



# PAGANO GYM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
0830 - 0930	Toning (Anna-Maria)		Toning (Anna-Maria)		Fitball (Anna-Maria)
0930 - 1030	Step (Anna-Maria)		Step (Anna-Maria)		Toning (Anna-Maria)
1115 - 1200	Cardio Challenge (Suki)	Boot Camp (Dawn)	Sculpting (Suki)		
1630 - 1730		Interval Circuit (Yuressa)			
1730 - 1815	Zumba (Yuressa)	Zumba (Yuressa)		Zumba (Yuressa)	

\*THERE WILL BE NO CLASSES ON HOLIDAYS.

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

**Boot Camp** - High intensity, full-body workout, targeting major muscle groups  
**Cardio Challenge** - Cardio based workout, includes strength exercises and core work  
**Fitball** - Total body toning, improve strength and balance using a stability ball  
**Interval Circuit** - Calisthenics and body weight exercises with cardio and strength  
**Sculpting** - Non-aerobic, muscle-toning, with a focus on core strength

**Step** - Use an adjustable elevated platform/bench for a great cardio workout  
**Toning** - Total body weight training, using body weight and light dumbbells  
**WELLBEATS** - Innovative virtual group fitness presentation  
**Zumba** - Energizing, rhythmic, cardio dance moves performed to a variety of upbeat music



# SPARKMAN FITNESS CENTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1115 - 1200	<b>Turbo Kick</b> (Dawn)	<b>Toning</b> (Anna Maria)	<b>Zumba</b> (Tasha)	<b>Yoga/Pilates</b> (Tasha)	<b>H.I.I.T.</b> (Dawn)
1200 - 1245	<b>Toning</b> (Dawn)	<b>Yoga</b> (Tasha)		<b>H.I.I.T.</b> (Dawn)	<b>Toning</b> (Dawn)

SPARKMAN CENTER IS A SECURE FACILITY. PLEASE CALL 256-313-6091 FOR DETAILS.



# REDSTONE AQUATIC CENTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
0800 - 0845		<b>Water Aerobics</b> (Suki)		<b>Water Aerobics</b> (Suki)	

STANDARD AQUATIC CENTER RATES APPLY. \$3.00 PER CLASS, INDOOR AND OUTDOOR PASSES ARE ACCEPTED.  
NON-WATER AEROBIC CLASSES ARE FREE TO ELIGIBLE USERS

THERE WILL BE NO CLASSES ON HOLIDAYS. CLASSES MAY CHANGE OR BE CANCELED DUE TO UNFORESEEN CIRCUMSTANCES.

**H.I.I.T.** – This class is exactly what it stands for: High Intensity Interval Training  
**Toning** – Total body weight training, using body weight and light dumbbells  
**Turbo Kick** – Cardio kickboxing and body-sculpting  
**Water Aerobics** – Low impact, cardio, and strength aquatic class  
**WELLBEATS** – Innovative virtual group fitness presentation  
**Yoga** – Relaxing mind/body conditioning, breath control, toning, and stretching  
**Yoga/Pilates** – Controlled stretching and strengthening exercises that engage the mind and body  
**Zumba** – Energizing, rhythmic, cardio dance moves performed to a variety of upbeat music

