



PAGANO GYM

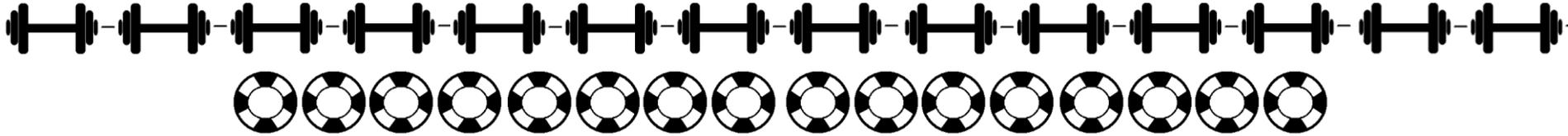
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
0830 - 0930	Toning (Anna-Maria)		Toning (Anna-Maria)		Fitball (Anna-Maria)
0930 - 1030	Step (Anna-Maria)		Step (Anna-Maria)		Toning (Anna-Maria)
1115 - 1200	Cardio Challenge (Suki)	Toning (Anna-Maria)	Sculpting (Suki)	Yoga/Pilates (Tasha)	
1200-1245		Yoga (Tasha)			
1630 - 1730		Interval Circuit (Yuressa)			
1730 - 1815	Zumba (Yuressa)	Zumba (Yuressa)		Zumba (Yuressa)	

*THERE WILL BE NO CLASSES ON HOLIDAYS.

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

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
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



REDSTONE AQUATIC CENTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
0800 - 0845		Water Aerobics (Suki)		Water Aerobics (Suki)	
STANDARD AQUATIC CENTER RATES APPLY. \$4.00 PER CLASS, INDOOR AND OUTDOOR PASSES ARE ACCEPTED. NON-WATER AEROBIC CLASSES ARE FREE TO AUTHORIZED PATRONS					

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