



PAGANO GYM

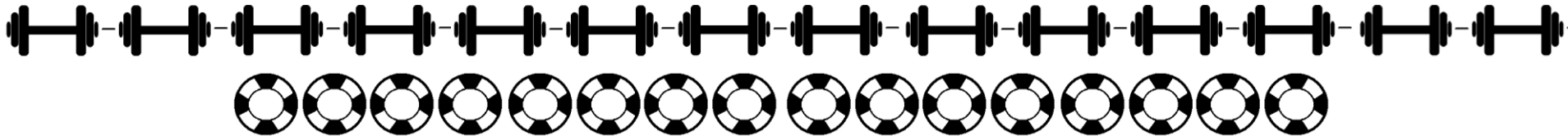
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
0830-0930	Toning (Anna-Maria)		Toning (Anna-Maria)		Fitball (Anna-Maria)
0930-1030	Step (Anna-Maria)		Step (Anna-Maria)		Toning (Anna-Maria)
1115-1200	H.I.I.T. (Suki)	1100-1200 Toning (Anna-Maria)	H.I.I.T. (Suki)	Yoga/Pilates (Tasha)	
1200-1245		Yoga (Tasha)			
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.**

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
Interval Circuit - Calisthenics and body weight exercises with cardio and 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					

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