

## PAGANO GYM AEROBIC SCHEDULE EFFECTIVE 05 Dec 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>0830-0930-Toning</b>  <b>0930-1030- Step</b>  <b>1115-1200-Cardio Challenge</b>  <b>1630-1730-ZUMBA</b>	<b>0530-0615 Toning</b>  <b>1115-1200-BootCamp</b>  <b>1630-1730-Interval Circuit</b>  <b>1815-1900- ZUMBA</b>	<b>0830-0930-Toning</b>  <b>0930-1030-Step</b>  <b>1115-1200 Sculpt</b>  <b>1630-1730 Step/Tone</b>	<b>0530-0615 Butts &amp; Guts</b>  <b>1115-1200-Zumba</b>  <b>1630-1730-Scupt</b>  <b>1815-1900-Latin Fusion (coming 17 Nov)</b>	<b>0530-0615- Zumba</b>  <b>0830-0930-Fitball</b>  <b>0930-1030-Toning</b>

Please contact us @ 876-6701 or 876-2943 if you have any schedule questions. Although our goal is to hold classes as scheduled, there may be times classes are canceled due to unexpected events. Pagano Gym operating hours- Mon- Fri- 0500-2000, Sat 0800-2000 Sunday 1000-1800

**Step- Step aerobics uses a bench for a great aerobic workout**

**Toning- a total body weight training, using body weight and light dumbbells**

**Step & Tone- the best of both, Step aerobics and toning**

**Butts &Guts just like it says, working the BUTT and GUT**

**Fitball- A different spin on body shaping adding the ball to weight training and sculpting**

**Zumba-a fun, rhythmic cardio workout inspired by latin rhythms and music of all types!**

**Boot Camp- a high energy, fat burning and high intensity workout that combines cardio drills, calensthetics, plyometrics, agility, strength, resistance and core training to improve cardiovascular endurance, discipline, and overall fitness levels. No experience needed.**

**Sculpt- This workout will challenge your entire body, watch your shape change-combines all exercises for a unique workout**

**Circuit- Segments of cardio including basic step/kickbox/floor, alternates with a muscle pump circuit for amazing results**

**Latin Fusion- a combination of cardio dance, sculpting ending with ABS and stretching**

**Redstone Fitness Center  
Bldg 3705**

**Early morning workout!**

**BraveHeart Challenge**

**Mon 0530-0615**

**WAKE UP TO ZUMBA**

**( This is a beginner Zumba class)**

**Wed 0530-0615**

# SPARKMAN AEROBIC SCHEDULE

Phone 313-6091 or 313-6096 Effective 07 Nov 11

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	<b>1115-12- Turbo Kick</b> <b>1200-1245- TONING</b> <b>1630-1730- Circuit</b>	<b>1115-12 Toning</b> <b>1200-1245-Yoga</b>	<b>1115-12-Zumba</b> <b>1630-1800-Turbo Kick</b>	<b>1100-1200 Yoga/Pilates</b> <b>1200-1245 - Bootcamp</b>	<b>1115-12 Step</b> <b>12-1245 Toning</b>

Although our goal is to hold classes as scheduled, there may be times when classes are cancelled due to unexpected events.

**Turbo Kick- High intensity, high energy choreographed style of kick box**

**Step- step aerobics uses a bench for a great aerobic workout**

**Toning- a total body weight training, using body weight and light dumbbells**

**Zumba-a fun, rhythmic cardio workout inspired by latin rhythms and music of all types!**

**Yoga- Strengthen your body, improve your flexibility and learn to relax with this one!**

**Yoga/Pilates-a class which incorporates traditional stretching, strengthening&flexibility, yoga moves in addition to basic core strengthening Pilates movements.**

**Boot Camp- a high energy, fat burning and high intensity workout that combines cardio drills, calensthetics, plyometrics, agility, strength, resistance and core training to improve cardiovascular endurance, discipline, and overall fitness levels. No experience needed.**