

# HEALTH MAXX

## FITNESS AND WELLNESS CENTER

### AEROBICS / FITNESS & SPIN/TONE CLASSES

WEEK 40 OCTOBER 5<sup>TH</sup> – OCTOBER 9<sup>TH</sup> 2009

LOCATION	CLASS	TIME	MONDAY 10/5	TUESDAY 10/6	WEDNESDAY 10/7	THURSDAY 10/8	FRIDAY 10/9	
2515 Sandy Hunter Street	Aerobics/ Tone and All programs @ 8:30 am	5:00 am	Fiona	Karen	Robert	Laura	Deanni	
		8:30 am	Tanya (aerobics)	Tanya (mixed)	Karen (aerobics)	Karen (spin)	Lliani (aerobics)	
	Aerobics/ Tone	5:30 pm	Lliani	Karen	Tanya	Amanda	-----	
		6:30 pm	Amanda	Karen	Laura	Deanni	-----	
	Spin & Tone	5:00 am	Quinton	Robert	Karen	Robert	Lela	
		5:30 pm	Robert	Evan	Lela	Robert	-----	
		6:30 pm	Robert	Evan	Quinton	Fiona	-----	
		7:30 pm	Karen	Robert	Karen	Fiona	-----	
	Social Security Board	Aerobics/ Tone	5:15 pm	Lela	Robert	Amanda	????	-----
	Central Medical Region (Nursing School Compound)	Aerobics/ Tone	5:15 pm	Laura	Lliani	Deanni	Quinton	-----

**Karen Rosito R.D.**  
**Nutritionist/Fitness Trainer**  
**2514 Sandy Hunter St. Belama Phase 2**  
**Belize City, Belize**  
**Tel: 203-DIET Mobile: 600-3423 Home: 205-2398**  
**[karen\\_rosito@yahoo.com](mailto:karen_rosito@yahoo.com)**

**Fees:**

**Aerobics/Tone- \$40.00 per month**  
**Spin & Tone- \$100.00 per month + use of gym equipment**  
**All Programs @ 8:30 am and 4: 00 pm- \$100.00 per month +**  
**use of gym equipment**