

HEALTH MAXX

FITNESS AND WELLNESS CENTER

AEROBICS / FITNESS & SPIN/TONE CLASSES

WEEK 44

NOVEMBER 2ND –NOVEMBER 6TH, 2009

LOCATION	CLASS	TIME	MONDAY 11/2	TUESDAY 11/3	WEDNESDAY 11/4	THURSDAY 11/5	FRIDAY 11/6
2515 Sandy Hunter Street	Aerobics/ Tone and All programs @ 8:30 am	5:00 am	Karen	Deanni	Lucelly	Lliani	Robert
		8:30 am	Tanya (aerobics)	Karen (spin)	Karen (aerobics)	Tanya (mixed)	Lliani (aerobic)
	Aerobics/ Tone	5:30 pm	Robert	Karen	Tanya	Amanda	-----
		6:30 pm	Laura	Lucelly	Amanda	Karen	-----
	Spin & Tone	5:00 am	Robert	Karen	Robert	Karen	Lela
		5:30 pm	Jason	Lela	Quinton	Karen	-----
		6:30 pm	Robert	Lela	Quinton	Fiona	-----
Social Security Board	Aerobics/ Tone	5:15 pm	Lela	Tanya	Laura	Fiona	-----
Central Medical Region (Nursing School Compound)	Aerobics/ Tone	5:15 pm	Deanni	Lliani	Fiona	Laura	-----
Ebenezer Fellowship Center @ Ebenezer School Barrack Road	Aerobics/ Tone	5:30 pm	Lliani	Amanda	Lucelly	Robert	-----

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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