

# HEALTH MAXX

## FITNESS AND WELLNESS CENTER

### AEROBICS / FITNESS & SPIN/TONE CLASSES

#### WEEK 28: JULY 13<sup>TH</sup> - JULY 17<sup>TH</sup>, 2009

LOCATION	CLASS	TIME	MONDAY 7/13	TUESDAY 7/14	WEDNESDAY 7/15	THURSDAY 7/16	FRIDAY 7/17
2515 Sandy Hunter Street	Aerobics/ Tone and All programs @ 8:30 am	5:00 am	Fiona	Karen	Lucelly	Femi	Robert
		8:30 am	Karen (aerobics)	Quinton (spin)	Femi (aerobics)	Karen (spin)	Lliani (aerobics)
	All Programs @ 12:00pm	12:00 p.m (noon)	Karen (spin)	Lliani (cardio/ tone)	Quinton (spin)	Karen (cardio/ tone)	-----
	All Programs @ 4:00 pm	4:00 pm	Quinton (spin)	Karen (aerobics)	Robert (spin)	Lliani (aerobics)	-----
	Aerobics/ Tone	5:30 pm	Lela	Karen	Femi	Diana	-----
		6:30 pm	Stevanni	Lucelly	Diana	Deanni	-----
	Spin & Tone	5:00 am	Lela	Robert	Karen	Robert	Diana
		5:30 pm	Robert	Evan	Fiona	Quinton	-----
		6:30 pm	Robert	Evan	Lela	Diana	-----
		7:30 pm	Robert	Karen	Diana	Fiona	-----
<b>Social Security Board</b>	Aerobics/ Tone	5:15 pm	Laura	Deanni	Karen	Robert	-----
<b>John and Charles Wesley Center Corner Dean and Albert Streets</b>	Aerobics and Tone	5:30 pm	Karen	Diana	Robert	Stevanni	
<b>Address same as above -</b>	Aerobics and Tone	6:30 pm	Karen	Diana	Robert	Laura	

**Karen Rosito R.D.**  
 Nutritionist/Fitness Trainer  
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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, 12:00 pm, and 4: 00 pm- \$100.00 per month + use of gym equipment