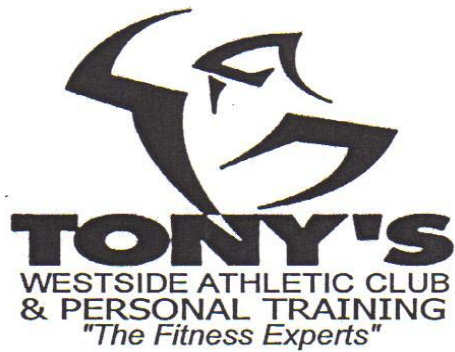


Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM		 SPINNING Michelle	Basic Training Michelle	 SPINNING Barbara			
9:00 AM	<u>8:30</u>  SPINNING Kent <hr/> Step-Training W/ Strength---Sue	Pilates Brenda <hr/>  SPINNING Barbara	Boot Camp Sue	Pilates Brenda <hr/>  SPINNING Martha	Cardio Pump Sue		
10:00 AM						1 st & 3 rd Sat. Boot Camp Sue 2 nd & 4 th Sat.  ZUMBA Toni	
10:15 AM	Low-Impact Aerobics Karen	<u>10:30</u> Aqua Aerobics Pam	Step Interval Karen	<u>10:30</u> Aqua Aerobics Pam	Cardio Ball Karen	<u>10:00</u>  SPINNING Martha	
11:15 AM	Gentle Pilates/ Stretching (30 Min) Karen		Gentle Pilates/ Stretching (30 Min) Karen		Gentle Pilates/ Stretching (30 Min) Karen		
4:00 PM							 ZUMBA Toni
5:00 PM							Classical Yoga Allen
5:30 PM	Cardio Pump Sue	 ZUMBA Toni	Muscle Sculpt Sue	 ZUMBA Sharon			
6:00 PM	 SPINNING Kent	 SPINNING Barbara <hr/> Aqua Aerobics Pam	 SPINNING Mark	 SPINNING Hollyn, Reggie or Michele <hr/> Aqua Aerobics Pam	 ZUMBA Toni		
6:30 PM	Butts & Guts Michele	Step & Sculpt Sue	Yoga Brenda	Interval Step Sue			
7:30 PM			 ZUMBA Toni				Effective 06/2010



623 N. Westover Blvd.
Albany, Ga 31707

Phone

Westside: 229-483-9977

Ladies Only: 229-903-1011

Fax

229-483-0504

www.tonysgym.com

Hours of Operation

Monday-Thursday

4:30 Am-11:00 Pm

Friday

4:30 AM-9:00 PM

Saturday

8:00 AM-7:00 PM

Sunday

10:00 AM-6:00 PM

Ladies club

(Staffed hours)

Monday-Thursday

8:00am-8:00pm

Friday

8:00am-7:00pm

Saturday

9:00am-1:00pm



Group Fitness Classes



Spinning®- Nationally acclaimed indoor cycling class designed to elevate your heart rate, increase metabolism and connect the mind/body through resistance training.

Cardio Pump-A group class using barbells with adjustable weights, but with an emphasis on cardiovascular training. A perfect class for burning fat while developing muscle strength. Major muscle groups are worked using a series of exercises including squats, presses, and lifts.

Muscle Sculpt-A group class that sculpts each body part by using barbells and free weights. This class is perfect for the individual who wants to tone and sculpt his/her body to perfection.

Step & Sculpt - An hour long class consisting of 30 minutes of step and 30 minutes of weight training.

Step Interval-Combines Step aerobics with resistance training in short intervals providing a total body workout.

Butts & Guts-A 75 minute challenging class concentrating on glutes and abdominal muscles. There is a 5 minute break at 7:10 between each muscle group. Feel free to drop in for one or both portions of this demanding class.

Boot Camp-High intense cardio mixed with strength training. This high impact class guarantees results.

Pilates-Basic mat session designed to lengthen and strengthen your entire body with emphasis on using core muscles.

Low Impact Cardio-A group fitness class designed for all ages. The class includes a cardio segment, strength, balance, and flexibility training.

Yoga Flex-Gentle yoga poses designed to increase flexibility. Class is non-competitive and held in a darkened room. All ages and fitness levels are welcome.

Iron Yoga®-A challenging workout using dumbbells while performing a series of traditional yoga poses. Focus is on spinal flexibility and the mind-body connection.

Zumba- Zumba is a Latin dance based aerobics class which features interval training where fast and slow rhythms along with resistance training are combined to tone and sculpt.