

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM		 <b>SPINNING</b> Patrick	 <b>SPINNING</b> Zane	 <b>SPINNING</b> Barbara/Zane			
9:00 AM	<u>8:30 AM</u>  <b>SPINNING</b> Hollyn <hr/> Step-Training W/ Strength---Sue	<u>8:30 AM</u> Pilates Brenda <hr/>  <b>SPINNING</b> Barbara	<u>8:30 AM</u>  <b>SPINNING</b> Hollyn <hr/> Boot Camp Sue	<u>8:30 AM</u> Pilates Brenda <hr/>  <b>SPINNING</b> Martha	Cardio Pump Sue	<u>9:30 AM</u>  <b>SPINNING</b> Martha	
10:00 AM		<u>9:30AM</u> Gentle Yoga Brenda		<u>9:30AM</u> Gentle Yoga Brenda		<u>Aqua</u>  <b>ZUMBA</b> Samantha	
10:15 AM	Low-Impact Aerobics Karen		Step Interval Karen		Cardio Interval Karen	<u>9:45 AM</u> Boot Camp / Kickboxing Latresa	
10:30 AM	Aqua Aerobics Pam	 <b>ZUMBA</b> gold Toni	Aqua Aerobics Pam		Aqua Aerobics Pam	Spin 101 Martha	
11:15 AM	Gentle Pilates/ Stretching Karen		Gentle Pilates/ Stretching Karen		Gentle Pilates/ Stretching Karen		<u>3:00 PM</u> Cardio Theater
4:30 PM	Cross Training Leah	Cross Training Leah	Cross Training Leah	Cross Training Leah			<u>4:00 PM</u>  <b>ZUMBA</b> Toni
5:15 PM	Abs Leah	<u>5:00 PM</u>  <b>SPINNING</b> Martv/Kelli/Pat <hr/> Abs Leah	Abs Leah	Abs Leah			<u>5:00 PM</u> Classical Yoga Casey
5:30 PM	Cardio Pump Sue	 <b>ZUMBA</b> Toni	Muscle Sculpt Sue	Cardio Dance Leah	 <b>SPINNING</b> Macee Zane or Scott		
6:00 PM	 <b>SPINNING</b> Barbara	 <b>SPINNING</b> Zane/Hollyn <hr/> Aqua Aerobics Pam	 <b>SPINNING</b> Patrick	 <b>SPINNING</b> Scott <hr/> Aqua Aerobics Pam	 <b>ZUMBA</b> Toni		
6:30 PM	Butts & Guts Zane	Step & Sculpt Sue	 <b>ZUMBA</b> Toni	Boot Camp Sue			
7:00 PM	<hr/> Spin 101 Barbara <hr/> Aqua  <b>ZUMBA</b> Samantha		<hr/> Spin 101 Patrick <hr/> Aqua  <b>ZUMBA</b> Samantha				Effective 12/01/2011



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## 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

8:00 Am-8:00 Pm

Friday

8:00 Am-7:00 Pm

Saturday

9:00 Am-1:00 Pm



## 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.

**Spin 101** -A 25 minute class that teaches you how to set up your bike, the five movements of the spinning program, and basic pedal strokes.

**Blast From the Past Spin** -A low impact, 40 minute empowering class designed for students of all ages. Your favorite music from the 60's, 70's, & 80's!

**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** - A 60 minute class with 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.

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

**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.

**Zumba gold**- Is a lower impact, easy to follow addition of regular Zumba.

**Aqua Zumba**-a Latin-inspired, easy to follow, calorie-burning, dance fitness-party in our heated indoor pool.

**Cardio Dance**- A mix of all styles of dance that includes, but is not limited to dance aerobics, line dancing, specific choreographical dances, etc for a fun cardio workout.

**Cardio Mix**- A great cardio workout that includes low impact aerobics, step, etc. For all fitness levels.

**Cross Training**- A 45 minute total body workout that includes cardio of all types and strength toning exercises. Be ready for a different class each day!

**Abs**- 15 Minutes of core exercises to help strengthen & sculpt your abdominal muscles.