









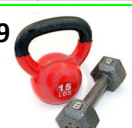



# ANYTIME FITNESS PUHALANI CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Basics 29</b> 9am 	<b>Crunch 29</b> 9 am 	<b>Aging Fit</b> 9-10am 	<b>TRX 29:</b> 9am 	<b>Aging Fit</b> 9-10am 	<b>Band Camp</b> 10am 
<b>TRX 29:</b> 4pm 	<b>H.I.I.T. 29</b> 4pm 	<b>Crunch 29</b> 5pm 	<b>H.I.I.T. 29</b> 4pm 		
	<b>Basics 29</b> 6pm 	<b>Pilates 29</b> 6pm 			

**TRX 29:** Learn to use the TRX suspension trainer to tone your body in this 29 minute interval class. "Make your body your machine!"

**Basics 29:** Functional Training involves full body movements using different tools and your bodyweight to help you train. "Start with the Basics"

**HIIT 29:** High Intensity Interval Training uses fast paced body weight exercises to get your heart rate up and rev up your metabolism! "Burn Baby Burn"

**Pilates 29:** Focus on your core, posture & range of motion in this Stott based Pilates class. Learn great corrective exercises to help you move pain free.











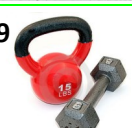

**Aging Fit:** Developed specifically for our baby boomers, this fun class will help keep you active enough to keep up with anyone!

**Crunch 29:** Come blast your core with this serious series of ab ripping exercises. "Want abs ready for the beach? It's CRUNCH time!"



[www.AnytimeFitness.com](http://www.AnytimeFitness.com) - 808-633-6463 - 3390 Old Haleakala Hwy, Pukalani - [pukalanihi@anytimefitness.com](mailto:pukalanihi@anytimefitness.com)

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