



# 2019 Fall Schedule

## Starting September 10



All-In-One Fitness Club  
2 Ice Circle, SSM, MI

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<p><b>5:30 PM</b> Endurance/ Interval Energy Zone <b>Kara R.</b></p>		<p><b>5:30 PM</b> Endurance/ Interval Energy Zone <b>Kara R.</b></p>			

Energy Zone— Sustain long periods of moderate exercise intensity to build a strong aerobic base and raise your metabolism

Interval Energy Zone— Challenge your cardiovascular system and increase caloric burn with aerobic or anaerobic intervals

Strength Zone— Improves cardiovascular fitness and builds muscular power by training your anaerobic threshold

## Class Cost:

Member	\$5
Non-Member	\$7
Member 10-Punch Card	\$40
Non-Member 10-Punch Card	\$60

**Please call or stop by All-In-One Fitness Club to reserve your spot today! We accept cash, Visa, MasterCard, and Discover Card. You can also payroll deduct if you are a Sault Tribe Employee.**