

# NEW INSTRUCTOR **HIGHLIGHT**

## MEET **TORI!**

### CLASSES

**TUESDAY AT 8 AM (STUDIO)**

STRETCH & TONE (\$8)

**TUESDAY AT 9 AM (LAP POOL)**

AQUA SCULPT (\$10)

**WEDNESDAY AT 11 AM (STUDIO)**

BODY SCULPT (\$10)

### ABOUT **TORI**

Hi all! I've been teaching Group Fitness for about six years now and love to teach land and aqua aerobics. I like to switch things up, make the classes fun, and get a killer workout!

Come spend 55 minutes with me, and let's get active!



# INSTRUCTOR **HIGHLIGHT**

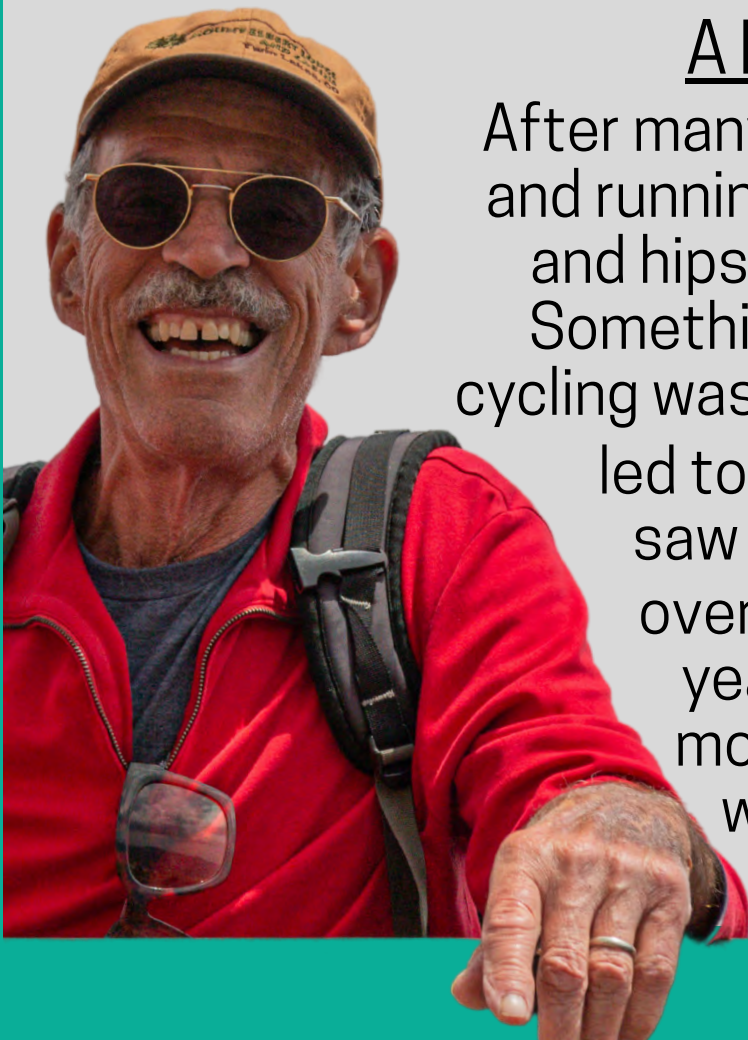
## MEET **FRED!**

### CLASSES

**TUESDAY AT 9 AM**  
**THURSDAY AT 9 AM**  
**SATURDAY AT 9 AM**  
SPIN (\$8)

### ABOUT **FRED**

After many years of various sports and running marathons, my knees and hips began to break down. Something had to change, and cycling was the answer. The cycling led to spinning. I loved what I saw and how it helped my overall fitness. Twenty-three years later, I love spinning more than ever. Come ride with me and see what I mean.



# INSTRUCTOR **HIGHLIGHT**

## MEET **TONI!**

### CLASSES

**MONDAY AT 7:30 AM**

**WEDNESDAY AT 7:30 AM**

**FRIDAY AT 7:30 AM**

SLOW-FLOW YOGA (\$10)

### ABOUT **TONI**

Hi everyone! Because of injuries, I decided to pursue yoga ten years ago as an avenue of healing my body. I committed to a 200-hour long yoga training to deepen my practice and understanding of yogic philosophy. My class strives to make yoga accessible for everybody and **EVERY BODY!**



# INSTRUCTOR **HIGHLIGHT**

## MEET **MONA!**

### CLASSES

**MONDAY AT 9 AM**

**WEDNESDAY AT 9 AM**

SPIN (\$10)

**SUNDAY AT 9 AM**

IGNITE YOGA (\$10)

### ABOUT **MONA**

Hi everybody! I have been a fitness enthusiast for 45 years. I have worked with the Philadelphia Eagles for their off-season conditioning and Lifetime Fitness to develop aerial yoga programs. I look forward to working with you at Paseo and helping increase your flexibility, strength, and endurance!

