

- *FAST PACED*
- *CARDIO AND TONING*
- *FITS PERFECTLY INTO YOUR BUSY WORKDAY SCHEDULE!!*

A.M. CIRCUIT

STARTS TUE/TH APRIL 19 & 21

7:00-7:40 AM

YOUR INSTRUCTOR: BETSY



LUNCH CIRCUIT

STARTS MONDAY, APRIL 18

12NOON-12:40 PM

INSTRUCTED BY: MICHELLE

YOUR INSTRUCTOR WILL GUIDE YOU THROUGH A SERIES OF EXERCISE "STATIONS" DESIGNED TO BUILD MUSCULAR AND CARDIOVASCULAR STRENGTH. SET TO MUSIC AT TIMED INTERVALS, THIS IS AN EASY-IN, EASY-OUT, FAST-PACED, COMPLETE BODY WORKOUT! ~ AND YOU'RE OFF TO WORK FEELING GREAT!!

*****CLASSES ARE IN THE YOUTH FITNESS CENTER*****