

FALL 2019

TOTAL BODY BLAST

Adult



This high energy, fun-filled class will take your fitness to the next level! You will feel the burn as you tone every muscle in your body. The first 20 minutes of the class will be devoted to cardio intervals using the step followed by exercises that use body weight and dumbbells. This is a great 45-minute workout!

MIN/MAX: 12/25

No Classes October 31 and November 21

Location: Community Activity Center-Activity Room

Instructor: Rebecca R.

Age	Day	Time	Dates	Fee	Activity #
Adult	M/W	5:30-6:15pm	9/4-10/23	\$40	225850-11
Adult	M/W	5:30-6:15pm	10/28-12/18	\$40	225850-12

Please visit NormalParks.org for more information.

