

# WINTER/SPRING 2020

## POUND

### Adults 18+

POUND™ provides the perfect atmosphere for letting loose, getting energized, and rockin' out! You will get a full body cardio and strength workout that can be adjusted for all ages, abilities, and fitness levels!

**MIN/MAX:** 8/15

**Location:** Community Activity Center-Activity Room

*Instructor: Rebecca R.*



Age	Day	Time	Dates	Fee	Activity #
Adult	M/W	6:30-7:00pm	1/6-3/11	\$40	324755-13
Adult	M/W	6:30-7:00pm	3/16-5/27	\$40	324755-14

Please visit [NormalParks.org](http://NormalParks.org) for more information.

