

WINTER/SPRING 2020

TOTAL BODY BLAST

Adults 18+

Total Body Blast provides a dynamic combination of strength and cardio to maximize results and work every major muscle group. This class will have lifting, sweating, and smiling as you build muscle, burn fat, and challenge your body!

MIN/MAX: 12/25

No Class May 25

Location: Community Activity Center-Activity Room

Instructor: Rebecca R.



| Age | Day | Time | Dates | Fee | Activity # |
|-------|-----|-------------|-----------|------|------------|
| Adult | M/W | 5:30-6:15pm | 1/6-3/11 | \$50 | 325850-13 |
| Adult | M/W | 5:30-6:15pm | 3/16-5/27 | \$50 | 325850-14 |
| Adult | F | 5:30-6:15pm | 1/10-3/13 | \$30 | 325850-50 |
| Adult | F | 5:30-6:15pm | 3/20-5/29 | \$30 | 325850-51 |

Please visit NormalParks.org for more information.

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