

CARDIO COMBOS

CARDIO COMBOS class is the result of the combination of Cathy's two great fitness classes, Cardio Circuits and Toning Circuits. This new fitness hybrid class has developed over 20+ years of Cathy teaching many great fitness programs. The workout is intended to increase cardiovascular fitness, muscle endurance, and flexibility. The ever-changing routines will include core conditioning and relaxation applications, always emphasizing proper form. Wear good aerobic shoes and comfortable clothes. Bring your 2-5 lb. weights and a yoga mat. Fit balls and steps provided.

OCTOBER 1 – DECEMBER 12, 2019

NO CLASS Oct. 31, Nov. 7, 28 (all days off are Thursdays)

Tuesday and/or Thursday 5:00-6:00 PM

Memorial Building Downstairs Dining Room

Tuesdays-11 (\$33) Thursdays-8 (\$24)

CITY SERVICES

Parks & Recreation Memorial Arena