

TOTAL BODY CONDITIONING FOR MEN & WOMEN

20 aerobic, 20 weight conditioning, 20 abs

Tuesday and Thursday, 7:15 pm - 8:15 pm New!

And

Saturday, 9:00 am - 10:00 am

WITH JACQUE 

Description: A full body workout including aerobic exercise, training with hand-held weights (weights are provided) followed by abdominal strengthening exercises. Motivational direction from a certified instructor includes warm up and cool down at every class. Great class for beginners. All levels welcomed.

Days//Dates: **Tuesday, 7:15 pm - 8:15 pm**

Session: April 30 - June 25 (9 weeks)

Session: July 2 - August 20 (8 weeks) (No class: 8/2)

Days//Dates: **Thursday, 7:15 pm - 8:15 pm**

Session: May 2 - June 27 (9 weeks)

Session: July 11 - August 29 (8 weeks)

Days/Dates: **Saturday, 9:00 am - 10:00 am**

Session: May 4 - June 29 (9 weeks)

Session: July 6 - August 24 (8 weeks) (No class: 8/31)

8 Week Fee: RPB Resident / \$35 Non-Res / \$45 (one class/week)

9 Week Fee: RPB Resident / \$40 Non-Res / \$50 (one class/week)

Location: Royal Palm Beach Recreation Center
100 Sweet Bay Lane, RPB 33411

Royal Palm Beach Parks and Recreation
790 - 5124