

Fire up your metabolism with this fun workout!



BODY FIT

Fire up your metabolism and maximize your caloric burn with this fun workout! This total body class offers aerobic conditioning, strength training, plyometrics, balance and core conditioning. A variety of training styles and equipment will be used to ensure that you get a great workout.

Wednesday Nights at 5:30 pm in Aerobic Room A

January 10th-February 14th

**Orientation Class Wednesday January 3, 2018
5:30 - 6:30 pm Aerobic Room A**

**For more information,
contact Irma Lunsford
@ 624-3444.**

THE
Lifestyle
Center
A Division of Kaweah Delta Health Care District
www.thelifestylecenter.org