



TOTAL BODY CONDITIONING

WHEN: Mondays & Thursdays when school is in session. *Class will begin Thursday, November 3*

TIME: 5:30-6:30 pm

WHERE: Lakeview Auditorium

COST: \$21 each month (Nov. & Dec.)

INSTRUCTOR: Kathie Erickson

Total Body Conditioning: Want to work your whole body in one hour? This is the class for you. Class includes upper and lower body muscle work and abs and core work. You will burn those calories moving from one move to the next in a circuit form. *Class is for everyone-beginner to advanced exerciser.*

SUNRISE BOOT CAMP

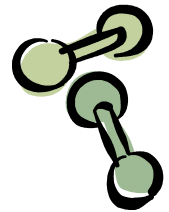
WHEN: Mondays, Wednesdays & Fridays when school is in session.

TIME: 5:45 am - 6:40 am

WHERE: Lakeview Auditorium

COST: \$30 per month

INSTRUCTOR: Laura Kosen



This class is designed to make the most of your time by integrating a full body workout into one hour. All fitness components: including cardio, muscle toning and core strengthening!