

FAT BURNING FITNESS



**Tuesdays &
Thursdays**

6:30-7:30 pm

@RRC

**\$8
Drop-In**

Tired of exercise that doesn't get results?
You owe it to yourself to try this class.
Great music, easy to follow, burns fat like crazy,
and tones, tones, tones! Great mix for
targeting abs and fannies, and
good stretches for cool down.
Bring 3 or 5 lb weights, please.

#130120-50 RRC 7/5-8/18 14 classes \$99/\$109

1330 E Rosemeade Parkway