

FALL 2020

Total Body Blast Express



A dynamic 30-minute interval class with a focus on improving cardiovascular health, building endurance, increasing muscular and core strength, and developing balance. Yoga mat recommended.

MIN/MAX: 8/12 *Instructor: Rebecca*

No Class September 7

Location: Community Activity Center-Activity Room

Age	Day	Time	Date	Fee	Activity #
Adult	M/W	5:00-5:30pm	9/2-10/21	\$40	225850-11
Adult	M/W	5:00-5:30pm	10/26-12/16	\$40	225850-12
Adult	M/W	6:30-7:00pm	9/2-10/21	\$40	225850-21
Adult	M/W	6:30-7:00pm	10/26-12/16	\$40	225850-22

Please visit NormalParks.org for more information.

Phone (309) 454-9540 • Fax (309) 454-9701 • 100 E. Phoenix Ave., Normal, IL 61761



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