

FALL 2019

POUND

Adult

Sculpt. Sweat. Rock. This exhilarating full-body workout combines cardio, conditioning, and strength training with Yoga and Pilates inspired movements. Designed for all fitness levels, POUND provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out. The workout is easily modifiable and the alternative vibe is for men and women of all ages and abilities.

Rip Styx provided.

MIN/MAX: 8/15

Location: Community Activity Center-Activity Room

Instructor: Rebecca R.



Age	Day	Time	Dates	Fee	Activity #
Adult	M/W	6:15-6:45pm	9/4-10/23	\$30	224755-11
Adult	M/W	6:15-6:45pm	10/28-12/18	\$30	224755-12

Please visit NormalParks.org for more information.

