

TOTAL BODY CONDITIONING

20 aerobic, 20 weight conditioning, 20 abs

**Tuesday 6:00 pm – 7:00 pm
Thursday 6:00 pm - 7:00 pm**

And

Saturday 9:00 am - 10:00 am

WITH JACQUE



Description: A full body workout including aerobic exercise, training with hand-held weights (weights are provided) followed by abdominal strengthening exercises. Motivational direction from a certified instructor includes warm up and cool down at every class. Great class for beginners. All levels welcomed. **Due to allergies classes are scent free.**

Days//Dates: **Tuesday Session, 6 pm - 7 pm**
November 5 - November 26

Days//Dates: **Thursday Session, 6 pm - 7 pm**
November 7 – November 21
(No class on 11/28)

Days/Dates: **Saturday Session, 9 am - 10 am**
November 2 – November 23
(No class on 11/16 and 11/30)

Session Fee: RPB Resident / \$20 & Non-Resident/ \$25 (Tuesday's)
RPB Resident / \$15 & Non-Resident/ \$20 (Thursday's)
RPB Resident / \$15 & Non-Resident/ \$20 (Saturday's)

Location: **Aerobics Room (front)**
Royal Palm Beach Recreation Center
100 Sweet Bay Lane, RPB 33411

Royal Palm Beach Parks and Recreation
790 - 5124