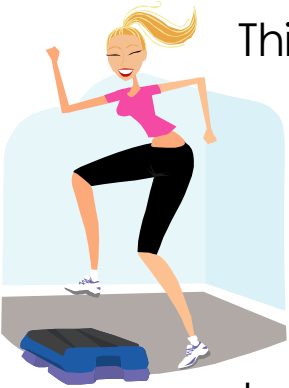


CARDIO COMBO CLASSES



This high energy class combines step aerobics plus kick boxing combinations. Building choreography offers a workout appropriate to all fitness levels.



Classes meet each Monday & Wednesday evening from 5:30pm to 6:30pm in the lower level of the Civic Auditorium - Please use the Plain Street ramp entrance.

Each 5-week session is \$40.00 unless otherwise noted.

2010 Schedule 2010

Session 2 (5-week): Feb. 8, 10, 15, 17, 24, 25 Mar. 1, 4, 8 & 10.
Please note the third week class will be held Wed 24th & Thurs 25th.

Session 3 (5-week): Mar. 15, 17, 22, 24, 29, 31 Apr. 12, 14, 19 & 21.

Please note class will not be held April 5th & 7th.

Session 4 (5-week): Apr. 26, 28 May 3, 5, 10, 12, 17, 19, 24 & 26.

Classes will resume after Labor Day

Register at the Civic Auditorium 1001 Ridge St. or the Park & Recreation Office, 250 Pine Lake Avenue
For more info or questions, please call 362-2325 or 326-9600.



www.cityoflaporte.com