

Starts OCT 20th



CARDIO PLUNGE

MONDAYS 7:15 - 8 PM

Instructed by CARLA

Cardio Plunge is a non-stop adrenaline pump fast paced class that blasts calories, tones trouble spots and boosts muscle strength in less than 45 minutes. It combines high-intensity cardio exercises and plyometric power moves using body weight. Work the entire body without the impact of the gym! Swimming ability is not required! NEW participants may try a (1) class for free. New participants may join at any time.

**6 WEEK SESSION: M \$19 NM \$29
PAY PER CLASS: \$6**