

2-Hour Aerobics



Join Us!

Workout Session:

Join us for this awesome event! Get yourself moving, grooving and your heart pumping with your own Disease Prevention Fitness Staff & Volunteers.

WORKOUT LINE UP:

- Hi/Lo Aerobics
- Zumba
- Cardio Kickboxing
- Total Body Conditioning
- Boot Camp
- Step Aerobics
- Cool Down & Stretching

Incentive to participant while supplies last!

Event will take place at the SRPMIC Community Building.

Remember to bring your water bottle and workout towel.

***Instructors will show modification for all fitness levels.**



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"Physical fitness is not only one of the most important keys to a healthy body; it is the basis of dynamic and creative intellectual activity."—John F. Kennedy

Join Us...

Date

Friday, August 26, 2011

Time

5:30 pm – 7:30 pm

Location

Salt River Community Building

Sponsors

SRPMIC – Health Service's Disease Prevention

Everyone come join the fun!

