

Complete Body Sculpting and CardioDance



Designed to Work at Your Pace!

Class Days and Times:

**TUESDAY & THURSDAY 8:30 AM – 9:30 AM
AND
TUESDAY & THURSDAY 6:00 PM – 7:00 PM**

**ADULT RECREATION CENTER
519 West Franklin Boulevard
(704) 866-6848**

The instructor begins with a comprehensive warm-up and progresses into an aerobic dance segment that is specifically choreographed each week to continually work different muscle groups correctly and safely. A total body sculpting routine follows involving the arms, chest, waist, abdominal muscles, inner and outer thighs. The class ends with a relaxation/cool down period.

The City of Gastonia Parks and Recreation Department offers these classes with Master Degree level instruction and safety training for the following fees:

\$20.00 per month	City Residents
\$25.00 per month	Non-City Residents

In the event a student's schedule allows for only one day per week class participation, the following fees apply:

\$10.00 per month	City Residents
\$15.00 per month	Non-City Residents

There is a \$5.00 per class Drop-In Fee. The first two (2) classes are FREE to new participants. Community Based Service Workers who participate in classes must pay as well as the client.

GENERAL CLASS INFORMATION:

Wear layered work out clothes. A work out shoe with good support, such as a running shoe, is a must! You may want to bring a towel and a water bottle.

*Bring a willingness to let go of the stresses of the day, as well as, a willingness to laugh and play!
Instructor: Judy Blankenship, M.A., E.R.Y.T. 500, Reiki Master, Certified Personal Trainer.*