

# GOT CARDIO???

## **INTENSE CARDIO**

**THURS 9 am;  
TUES/THURS 5:15PM**

**Cardio does a body good! A fast paced combination of hi/lo impact kickboxing and step aerobics and resistance toning . Intermediate to advanced levels**

### **Registration**

**12/21/11**

**Min10; Max**

**30**