

Cardio Challenge: 2009 Schedule

- * This one hour class combines just the right mix of low impact step aerobics, body conditioning, and strength training exercises with kick-boxing lae boe to keep you workout challenging and enjoyable.
- * Monday, Wednesday, and Thursday
- * 4:00 P.M. – 5:00 P.M.
- * Instructor: Pam
- * Cost: FREE for Wellness Center Members
- * \$34.00 For Non-Wellness Center Members
- * Session One:
* January 5 – February 26
- * Session Two:
* March 2 – April 23
- * Session Three:
* April 27 – June 18
- * Session Four:
* June 22 – August 13
- * Session Five:
* August 17 – October 8
- * Session Six:
* October 12 – December 3
- * Session Seven:
* December 7 - January 28,

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