

TOTAL BODY CONDITIONING

20 aerobic, 20 weight conditioning, 20 abs

**Monday 6:00 pm – 7:00 pm
Wednesday 6:00 pm - 7:00 pm**

And

Saturday, 9:00 am - 10:00 am

WITH JACQUE



Description: A full body workout including aerobic exercise, training with hand-held weights (weights are provided) followed by abdominal strengthening exercises. Motivational direction from a certified instructor includes warm up and cool down at every class. Great class for beginners. All levels welcomed.

Days//Dates: Monday Session, 6 pm - 7 pm
February 5 – February 26

Days//Dates: Wednesday Session, 6 pm - 7 pm
February 7 – February 28

Days/Dates: Saturday Session, 9 am - 10 am
February 3 – February 24

Session Fee: RPB Resident / \$20 & Non-Resident/ \$25 (Monday's)
RPB Resident / \$20 & Non-Resident/ \$25 (Wednesday's)
RPB Resident / \$20 & Non-Resident/ \$25 (Saturday's)

Location: Royal Palm Beach Recreation Center
100 Sweet Bay Lane, RPB 33411

Royal Palm Beach Parks and Recreation
790 - 5124