

# TOTAL BODY CONDITIONING FOR MEN & WOMEN

**20 aerobic, 20 weight conditioning, 20 abs**

**Tuesday and Thursday, 7:15 pm - 8:15 pm *New!***

**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:** **Tuesday, 7:15 pm - 8:15 pm**

**Session: March 5 - April 23 (8 weeks)**

**Session: April 30 - June 25 (9 weeks)**

**Days//Dates:** **Thursday, 7:15 pm - 8:15 pm**

**Session: March 7 - April 25 (8 weeks)**

**Call 790-5124 for 9 week session dates.**

**Days/Dates:** **Saturday, 9:00 am - 10:00 am**

**Session: March 2 - April 27 (No class: 3/20) (8 weeks)**

**Session: May 4 - June 29 (9 weeks)**

**8 Week Fee:** RPB Resident / \$35    Non-Res / \$45 (one class/week)

**9 Week Fee:** RPB Resident / \$40    Non-Res / \$50 (one class/week)

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

Royal Palm Beach Parks and Recreation  
790 - 5124