

TOTAL BODY WORKOUT



THURSDAY, OCTOBER 14 – THURSDAY, NOVEMBER 4

4 CLASSES- \$12 – NT RESIDENTS

4 CLASSES- \$14- NON-RESIDENTS

DRAKE ELEMENTARY SCHOOL

6PM-7PM

THIS CLASS IS A GREAT WAY TO GET IT ALL DONE AT ONCE! IT COMBINES UPPER BODY, LOWER BODY AND A GREAT CORE SESSION FOR AN ALL IN ONE WORK OUT!! PLEASE BRING A MAT, ONE OR TWO POUND WEIGHTS AND A WATER BOTTLE TO CLASS.

You can register on line at NTParksrec.com or at the NT Recreation office located at 500 Wheatfield Street NT. Mon-Fri 8:30am-4:30pm.