

# Body Toning

With Instructor Cecilia Liburdi-Castillo

Now that you have been working on all of your cardio, it's time to do some toning up! Strengthen your muscle groups such as abs, arms, legs and much more!



**Mondays** w/ Instructor, Cecilia

**Wednesdays** –w/out instructor,  
class led by video (for time being)

9am - 10am

January 2 - 30 (No Class 1/21)	\$9 R/\$10 NR
February 4 -27 (No Class 2/18)	\$9R/\$10NR
March 4 - 27	\$12R/\$15NR
April 1 - 29	\$15R/\$20NR
May 1 - 29	\$12R/\$15NR

*Walk-In Fee \$4 per class*