

## Adult Cardio with Toning Classes



Have fun, feel alive and shape up to a better you! This multi-level aerobic and muscle toning program is a total fitness experience set to music. No previous experience needed. Both **high and low impact** steps are demonstrated by AFAA certified instructors so you can work out at your own pace and your particular fitness level.

What this class can do for you:

- Increase overall energy
- Improve muscle tone and endurance
- Promote better posture, coordination, flexibility and agility
- Improve cardiovascular conditioning
- Provide relaxation techniques

Breathable lightweight clothing and supportive sneakers are recommended.

**When:** Mondays & Wednesdays 7:00 - 8:30 p.m.

**Where:** BHS Community Education Dance Room (Ice Rink)

**Fee:** \$110. – Mondays & Wednesdays (16 Sessions)  
\$ 65. – Mondays **or** Wednesdays (8 Sessions)

**Instructors:** Donna O'Driscoll & Chris Ravetier

**Payment:** Payment is by check or money order made payable to the Bayonne Board of Education.