



BODY CONDITIONING EXERCISE CLASS

Durango Complex

(2801 & 2901 W. Durango St.)

Location varies



Wednesdays, 11:30 AM – 12:15 PM

This multi-level class is for anyone who wants to develop muscular strength and endurance. Exercises include a full-body workout using dumb bells, resistance bands and strength training machines. Each class will include cardio exercise and a core segment.

Instructor: Jan Hertzfeld

For location information or to sign up, email Bonnie Williams.