

All classes are
taught by
Darlene Sabol



20/20/20

Come join our newest exercise program — this class is designed to work 20 minutes in each of the following: Kickboxing, Abs and Weights. 20/20/20 will be held at Walnut Ridge School on **Thursdays** from 7:00pm-8:00pm on the following dates:

February 25, March 4, 11, 18, 25 and April 1 (April 1 at PAL)

Cost for the six classes is \$30.00 per participant. *Minimum of 13 participants to run this program.*

Body Sculpting

Come out and get sculpted! The PAL is offering a complete body sculpting class for all ages 15 years old and up. Focus will be on upper body with weights, legs and buns, and finishing with abs.

Body Sculpting classes will take place at Walnut Ridge School on **Wednesdays:**

February 24, March 3, 10, 17, 31 and April 7
from 7:00pm-8:00pm.

Cost for six weeks of body sculpting classes is \$30.00 and registration forms must be filled out at the PAL.

Minimum of 13 participants to run this program.

Cardio-Kickboxing

Come join our cardio-kick boxing program — this class is designed to kick start your heart rate. The classes will be held at Walnut Ridge School on **Mondays** from 7:00pm-8:00pm on the following dates:

March 1, 8, 15, 22, 29 and April 5
(April 5 at PAL)

Cost for the six classes is \$30.00 per participant and registration forms must be filled out at the PAL.

Minimum of 13 participants to run this program.



AFTER SCHOOL CLASSES

Reebok Step Class

No time to get to the gym after school. Come join our step class at the

Lounsberry Hollow cafeteria from

3:45PM-4:45PM

Wednesdays: Feb 24, March 3, 10, 17, 24, 31

Cost for the six classes is \$30.00 per participant and registration forms must be filled out at the PAL. *Minimum of 13 participants to run this program.*

Body Sculpting

No time to get to the gym after school.

COME JOIN AND GET SCULPTED!
at the Lounsberry Hollow café from

3:45PM-4:45PM

Fridays: Feb 26, March 5, 12, 19, 26 and
Thursday, April 1 at PAL building from
1:30pm-2:30pm

Cost for the class is \$30.00 per participant and registration forms must be filled out at the PAL. *Minimum of 13 participants to run this program.*