

Cardio Dance & Sculpt

MONDAY & THURSDAY

5:45–7pm

Enjoy fun cardio routines designed for all levels using a variety of dance styles. This program includes core strengthening & muscle toning exercises followed by relaxing stretches for a complete body workout.

Benefits of cardio exercise and strength training include increase strength, endurance and stamina, burns calories, fat loss, lowers total cholesterol, improves muscle tone, increases bone density, better sleep and improve your quality of life.

Two 6-Week Spring Sessions

I April 2– May 10

II May 14 – June 25

1x per week \$45

2x per week \$75

Combine with Fitness Yoga for \$95/session (18 classes)

Instructor: Darla Bergen, ACE Certified



Please register at the Doyle Park Rec. Center
8175 Regents Road, San Diego, 92122
Call 552-1612 for more information.