

Low Impact Cardio Dance & Toning Class



Joint friendly workouts

Easy to follow dance moves to exercise the whole body

Light weights & resistance bands (optional)

- ♦ **Boost your metabolism**
- ♦ **Add muscle**
- ♦ **Increase flexibility**
- ♦ **Get stronger bones**
- ♦ **Improve cardio strength**

Starting October 11th

Wednesday 10:00-11:00 am

PMC Clubhouse Condor Room

\$32—8 class punch card or \$5 drop in

Contact Charlee Ryan for questions (661) 282- 0959 or email

Studio1.pmcdance@gmail.com

Please bring your own flat resistance band & a pair of light weights 2-3lbs is great!