

AEROBICS

TIME: 12:05 - 12:55 PM

PLACE: 5th Floor Irene Walter Johnson (inside the track)

DAYS: Tuesday & Thursday (schedule may vary)

CLASSES
OFFERED:

TUESDAY - Step Aerobics

Choreographed step routines with proper warm up & cool down, core work, and stretching

THURSDAY - Fusion Interval

Varied Cardio Segment following proper warm-up, focus on muscle/strength work for lower body and upper body, final segment will focus on balance and core with finishing stretch

SCHEDULE: Search on Facebook: Wash U Med Center Noon-Time Aerobics Class

****COME TRY THE CLASS****

Classes are \$5 each

***You can purchase individual classes,
or a class book for up to 10 classes***

**Call Jenny (362-5698) or email jadams@wustl.edu for more
information, or visit our Facebook page
(Search for "Wash U Med Center Noon-Time Aerobics Class")**

