

CARDIO MIX



Join Darlene for a
cardio mix workout
containing:
muscle toning, body
stabilization, abs and lower
back workouts!!!

Dates: Tuesdays & Thursdays

\$45.00 May 8th - June 28th

Early Bird Discount - Register for May Class by
March 22nd and take \$5.00 off!

\$40.00 July 10th - August 16th

Early Bird Discount - Register for July Class by
May 24th & take \$5.00 off!

Time: 6:00pm-6:55pm

Instructor: Darlene Harris

\$10 Non-Resident Fee Applied
at Registration

For more information contact us at 804-732-1100
or visit us at www.playdinwiddie.com