City of Burlington Adult Education Program Presents
FALL / WINTER /SPRING Course
Body Toning - 10 weeks

Cost: $80.00
Compare the Price!
What a Bargain!
Start Now!! Join this GREAT class!
WEDNESDAYS
Bring Some Friends - Tune In & Shape Up!

BODY TONING to MUSIC
Low & Sculpt: Muscle Conditioning and Resistance Training.
Aerobic exercise is any activity that uses large muscle groups, can be maintained continuously for a long period of time and is rhythmic in nature. Aerobic activity trains the heart, lungs and cardiovascular system to process and deliver oxygen more quickly and efficiently to every part of the body.
WEDNESDAYS - 7:00 - 8:00 PM

Trish Hunter, Certified Personal Trainer
DOANE ACADEMY WEIGHT RM

Registration
Phone: 609 230 5601
E-mail: bbaird@burlington-nj.net
Check our Adult Education Website for all the Fall / Winter / Spring Courses: www.burlington-nj.net (Click on Departments, then on Adult Education)