

Cardio/Sculpt Class

Wednesday nights at 5:30

Taught by Jolie Tallant
AFAA Certified



Get ready to sweat with this really great
total body workout!

YOU MUST BRING A SET OF WEIGHTS AND A MAT TO
THIS CLASS...EMAIL ME WITH HELP IN DETERMINING
THE SIZE YOU NEED!

timcaleb@windstream.net

You must be present no later than 5:30 to
ensure entry into this class!