

CHAT CARDIO

FIRST SESSION STARTS JANUARY 8

A SOCIAL WORKOUT CLASS

Mondays & Wednesdays

6:30 p.m. - 7:15 p.m.

Aerobic Fitness Room @ The REC.

\$4 per class - 6 week session

785-448-3023 or stop by to register.

Registration deadline is prior to the start of each session.