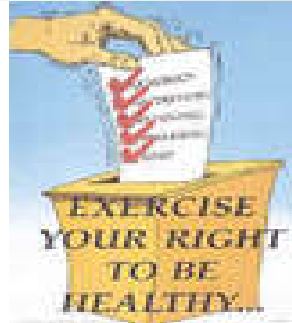




PARKS & RECREATION DEPARTMENT
375 S. First St. El Centro, CA. 92243
(760) 337-4555

AEROBICS CLASS



Get up and get moving!!!

- ◆ Improve your cardiovascular/cardio respiratory function (heart and lungs)
 - ◆ Build and maintain healthy muscles, bones, and joints
- ◆ Reduce high blood pressure or the risk of developing high blood pressure
 - ◆ Reduce high cholesterol or the risk of developing high cholesterol
 - ◆ Enhance work, recreation, and sport performance
 - ◆ GREAT FUN WHILE WORKING OUT

dates: MONDAYS, WEDNESDAYS, & FRIDAYS

time: 5:30pm-7:00pm

place: EL CENTRO COMMUNITY CENTER (room a & b)

375 S. First St in El Centro

instructor: MIKE RODRIGUEZ

fees: \$20.00/ MONTH (18 & over)

FREE (17 & under)

