



CARDIO DANCE BLAST



MONDAYS
WITH JEANNETTE
FRIDAYS
WITH MICHELE
AT **9:15AM**
IN MARIPOSA

Move your body to upbeat music with joint-friendly, low-impact cardio! The first half of class includes easy to learn steps to strengthen your cardiorespiratory system! The second half of class covers strength training to work all muscle groups. It's so much fun you won't know you're working out!

\$8 EACH CLASS

Pay by Member Charge or Unlimited Monthly Fitness Class Pass

(SGT classes, clinics & DV cycling classes excluded, passes are non-transferable and guests not included).