

Cardio with Toning Classes



Have fun, feel alive and shape up to a better you! This multi-level aerobic and muscle toning program is a total fitness experience set to music. No previous experience needed. Both **high and low impact** steps are demonstrated by AFAA certified instructors so you can work out at your own pace and your particular fitness level. What this class can do for you:

- Increase overall energy
- Improve muscle tone and endurance
- Promote better posture, coordination, flexibility and agility
- Improve cardiovascular conditioning
- Provide relaxation techniques

Breathable lightweight clothing and supportive sneakers are recommended.

When: Mondays & Wednesdays 7:00 - 8:30 p.m.
8-week session (16 classes)

Where: BHS Community Education Dance Room (Ice Rink)

Fee: \$65

Instructors: Donna O'Driscoll & Chris Ravetier

Registration: Please fill out the registration form and mail or bring it to the CE Center, 669 Avenue A, Bayonne, NJ 07002 with your check or money order made payable to the Bayonne Board of Education.