

# Cardio Sculpt Class

C.V. Starr Community Center



Sigrid & Harry Spath Aquatic Facility



Try a unique blend of body sculpt and cardio-fitness workout with our experienced and energetic instructor. The class features 40-minutes of cardio-fitness using state of the art fitness equipment and 20-minutes of body sculpt conditioning.

**FRIDAY: 8:30 – 9:30AM**

**INSTRUCTOR: DAKOTAH MENDOZA**

**COST: \$6 DROP-IN OR \$50 10-PUNCH PASS**

**AGES: 16 +**



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