

Total Body Sculpt

C.V. Starr Community Center



Sigrid & Harry Spath Aquatic Facility



This is a one-hour fast paced class challenges, motivates and utilizes a variety of total body strengthening moves in addition to core strengthening exercises and light cardio. Our expert instruction focuses on load bearing exercises that produce stronger, leaner and more flexible muscles, as well as, rehabilitating old injuries and preventing new ones. Complement your current fitness program with a new class!

MONDAY, WEDNESDAY, FRIDAY: 5:45-6:45AM

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

AGES: 16 + (OR WITH INSTRUCTOR APPROVAL)



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