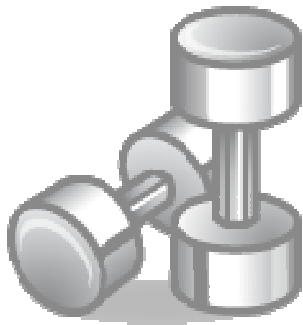


COLUMBIA PARKS & RECREATION

Total Body Workout

- Combines strength with cardio intervals
 - Abdominal and back strengthening
 - Sculpting exercises



Monday

4:30 – 5:30 p.m.

\$3 per class or \$20 monthly pass

ARMORY RECREATION CENTER 380-2738