

Power Fusion

Power Fusion is a dynamic blend of free weights, cardio, plyometrics, kickboxing, stretching and ab work. Class is designed for those looking to lose weight and tone up. Dumbbells tone major muscle groups while a unique variety of high/low impact cardio burns unwanted pounds.



1

Better – Faster
Results!

2

Lose weight, tone up &
build lean muscle now!

3

Keeps you motivated

Take your Fitness to the Next Level. . .

May 9, 2011 – July 11, 2011

A Power Fusion Session will begin on Monday's, May 9, 2011 through July 11, 2011.

4:45 pm - 5:30 pm

(8) classes in the Lake County Administration Assembly Room. All fitness levels welcome.

Cost is determined on the total amount of participants. Space is limited!

(No class on May 30, 2011 and July 4, 2011)

Please call Jackie Via at 350-2748 to sign up!