

OLD-FASHIONED AEROBICS



Do you miss the days of going to a group fitness class and doing aerobics for fun, popular music, working every major muscle in your body, and burning up to 700 calories in one class? Well, AFAA certified Deborah Norris will be here for you to get your body moving. March, run, hop, step touch, knee lift, hamstring curls, jumping jacks, leg lifts, lunges, squats, etc. to exciting, easy-to-follow routines: this aerobics class will be a full-body workout. Class is appropriate for all levels, and all high impact exercises can be modified to low impact. Instructor will show you how to make it your own work out!

Instructor: Deborah Norris
Who: Ages 16 and up
What: Full-body Aerobics Class
When: Monday 10am-11am
Oct. 3 through Oct. 24 & Nov. 7 through Nov. 28
Where: Miller Park (1178 Chickasaw Rd. Fawnskin, CA 92333)
Cost: \$28 per month
Drop-in cost \$10
Min. Participants: 6 Max. Participants: 20



Register online at:
www.bigbearparks.com
For questions or to sign
up please call:
909-866-9700

