

AEROBICS



WHEN: MONDAY – STEP AEROBICS
TUESDAY – INTERVAL & TONING
WEDNESDAY – STEP AEROBICS
(INCLUDES BODY TONING EACH DAY)

TIME: 5:15 – 6:15 PM

WHERE: GLENWOOD METHODIST CHURCH
2130 FORD AVENUE (NORTHLINE)
WYANDOTTE (USE ENTRANCE DOOR OFF ALLEY)

COST: \$2.00 PER CLASS DROP IN FEE OR
\$1.00 PER CLASS (IF PAID MONTHLY IN ADVANCE)

WHAT YOU WILL NEED: COMFORTABLE CLOTHES, CROSS TRAINING SHOES, HAND TOWEL & BOTTLE OF WATER. AEROBIC STEP, HAND WEIGHTS & MATS ARE PROVIDED

FOR MORE INFORMATION, CALL THE RECREATION OFFICE AT
(734) 324-7292 OR (734) 324-7295

JOIN ANYTIME!