



THIS high calorie-burning class
alternates strength training
exercises with high-energy aerobic
activities to give you two great
workouts in one!

WINTER/SPRING 2012

Mondays and Wednesdays • 6:30-7:30pm

1/9-2/29 \$88 No class 1/16, 2/20

3/5-4/18 \$88

4/23-5/30 \$69 No class 5/28

Veterans Memorial Center • Ages 18+

For more information

530/757-5626

or cityofdavis.org

BODY BLAST