

CONDITIONING EXPRESS

ENDURANCE STRENGTH&POWER PAIN FREE LIVING



Early Morning Workouts with Cassandra Bodlak

May 8th through August 9th, 2018
Tuesdays & Thursdays 6:45 - 7:30 a.m.
SLCUSD Adult School, Room J3, 1500 Lizzie St. SLO

45 Quality Minutes of Pure Goodness for your Body

Start your day doing something good for yourself!
Raise your heart rate and increase muscular endurance through carefully designed circuits of moves, using a variety of equipment and your own body weight. A complete restorative segment finishes this 45 minute "express" conditioning workout.

Register at ae.slcsud.org or call 805-549-1222

SAN LUIS COASTAL UNIFIED SCHOOL DISTRICT

adult school

Empowering Lifelong Learners to reach their Professional, Personal and Family Goals