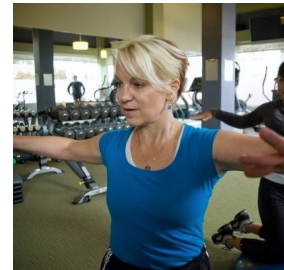


# CONDITIONING EXPRESS

ENDURANCE STRENGTH&POWER PAIN FREE LIVING



## Early Morning Workouts with Cassandra Bodlak

**Sept. 6th through Dec. 13th, 2018**

**Tuesdays & Thursdays, 6:30a.m. - 7:15a.m.**

SLCUSD Adult School, Room J3, 1500 Lizzie St. SLO

Start your day doing something good for yourself!

**45 Quality Minutes of Pure Goodness for your Body**

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.

**\$64 for the Entire Session! SLCUSD Employees get 10% Off**

**Register at [ae.slcsud.org](http://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