

# FREDONIA

# AEROBIC CENTER

**COST**

**FREE TO REGISTERED STUDENTS!**

**LOCATION**

**HEMINGWAY HALL  
BASEMENT**

**PHONE**

**(716) 673-3121**

**MONDAY**

**2:00 pm**

Martial Arts with  
Christian & Poppas

**TUESDAY**

**WEDNESDAY**

**2:00 pm**

Martial Arts with  
Christian & Poppas

**THURSDAY**

**CLASS DESCRIPTIONS**

**Hip Hop**

This is a beginner hip hop class open to anyone. Students will learn fun combos with upbeat music. No experience required.

**Zumba and Body Sculpt**

Latin music inspired dance workout and muscle toning using light hand weights. Enjoy this fun workout for everyone!

**Martial Arts**

A Martial Arts based class that is designed for everyone! Come enjoy learning a new skill while getting active.

**4:00 pm**

Zumba & Body  
Sculpt with Kathy

**5:00 pm**

Basic Hip Hop  
Dance with  
Abby & Mia

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Zumba & Body  
Sculpt with Kathy

**5:00 pm**

Basic Hip Hop  
Dance with  
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