COST

FREE TO REGISTERED STUDENTS!

LOCATION

HEMINGWAY HALL BASEMENT AEROBIC CENTER

FREDONIA

PHONE

(716) 673-3121

| MONDAY  | TUESDAY                             | WEDNESDAY                                      | THURSDAY                               | CLASS DES  |
|---|-------------------------------------|--|--|--|
| 2:00 pm  Martial Arts with  Christian & Poppa | S                                   | 2:00 pm  Martial Arts with  Christian & Poppas |  | Hip Hop This is a begind class open to Students will I combos with the state of the |
|   |                                     |  |  | No experience  |
| 4:00 pm Zumba & Body Sculpt with Kathy        |                                     |  | 4:00 pm Zumba & Body Sculpt with Kathy | Zumba and B<br>Latin music in<br>workout and n<br>using light har  |
|   |                                     |  |  | Enjoy this fun   |
|   | 5:00 pm                             |  | 5:00 pm                                | everyone!  |
|   | Basic Hip Hop Dance with Abby & Mia |  | Basic Hip Hop Dance with Abby & Mia    | Martial Arts A Martial Arts that is designe  |

## **CLASS DESCRIPTIONS**

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!

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