

Plymouth Park Department presents:

FREE Fall Exercise classes!



Starting September 16th!

Location: Webster Recreation Center

Time: Monday and Wednesday

6:00-6:45pm Walk 'N' Rock

6:55-7:35pm Cardio Plus!

Walk 'N' Rock: Like variety in your cardio workouts? This party is for you! A little...walking, running, jumping, floor drumming, balancing, toning, stretching and yeah, a little dance! Everyone works at their own level, so no previous exercise experience necessary.

Cardio Plus!: Calling all cardio junkies! Nothing like a few rounds of Tabata to torch calories! We work with battle ropes, free weights/body

For more information contact Allie Shook, Recreation Director, at 936-7255, 936-2876, or at parkrec@plymouthin.com.

