

# Cardio SCULPT

## Toning Workouts

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When: Thursday's starting 11/9/2017

NO CLASS 11/23/2017

Time: 7pm to 8pm

Where: Fairfield Recreation/Instructor Lynne Balz

221 Hollywood Ave

**Fee: \$ 30 for 6 sessions \*\*BRING YOUR OWN WEIGHTS\*\***

MINIMUM of 8 PARCIPANTS

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CARDIO SCULPT

NAME: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_

EMERGENCY NUMBER: \_\_\_\_\_

Office Use Only:

FEE \$ \_\_\_\_\_ Date Rec'vd \_\_\_\_\_      \_\_\_\_\_ Cash      \_\_\_\_\_ Check      \_\_\_\_\_ Credit Card