



48 00:45

BACK 2 BASICS

NO JUDGING ALLOWED!

**EVERY TUESDAY OF AUGUST AT 12:00 & 5:00PM
OUTSIDE (ROOFED) BASKETBALL COURT
BLDG.74 (IN FRONT OF THE PFC
ROBERTO E. CLEMENTE WALKER ANNEX)**

An energetic, diverse exercise class, which combines functional and traditional group physical training modes. This type of training, properly applied, can reduce your risk of injury, improve performance in daily activities, thus, bettering your quality of life. Programmed to suit different levels of physical fitness conditions.

**FEE: \$3 PER CLASS
\$10 FOR 4 CLASSES**

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