

# JUMP-N-PUMP



**Thursday 7:00 p.m.**

**Session I January 28 – February 4**

**Session II February 11 – March 11**

Looking for a great way to start your New Year's regimen? Jump into this fun workout with certified personal trainer Dominic Frazier and combine your ordinary jump rope with a total body strength training workout. Did you know that 10 minutes of jumping rope is equivalent to 30 minutes of jogging?

Be ready to burn lots of calories and decrease body fat while having fun. The added strength circuit implementation will help you build LEAN muscle and go from flab to fab! FREE state of the art BODY AGE ASSESSMENT!

**Sign up in the activity book at the front desk.  
Member \$48, Non-Member \$60**