



# AEROBICS BODY SCULPTING



- . Kickboxing
- . Step-bench
- . Body Sculpting
- . Ab Work
- . Flexibility
- . Relaxation

**Strength training with weights and resistance to help increase your muscle and metabolism!**

Tuesdays & Thursdays  
5:30 pm - 6:30 pm

**Lindale Recreation Center**  
3133 Swantner Dr.  
855-0392

First class is FREE!

\$25/month or  
\$10 drop in fee

Instruction by:  
Cheryl Vandever

**LIVE. LEARN. PLAY!** [www.ccparkandrec.com](http://www.ccparkandrec.com)

The City of Corpus Christi promotes participation regardless of race, color, national origin, sex, age, religion, disability or political belief. Reasonable accommodations are provided upon request and in accordance with the Americans with Disabilities Act. For assistance or to request a reasonable accommodation, please call (361) 826-3460 at least 48 hours in advance. **Upon request, this information can be available in large print or digital file.**