

Only **\$25**  
per month  
or \$5 drop-in



**CORPUS  
CHRISTI  
PARKS &  
RECREATION**

# Beat Energy Cardio Circuit Class

*Get ripped and have fun!*

**Wednesdays & Fridays, 5:30pm–6:15pm**  
**Oso Recreation Center** at 1111 Bernice Drive

Join us for a high impact workout that combines cardio and strength training. Different areas of your body will be targeted during each session. Come transform your body to live an improved, healthier lifestyle!

## Registration:

Register at [www.ccparkandrec.com](http://www.ccparkandrec.com)  
or at the center. Registration is ongoing  
as space permits.



For more information:  
**Call 826-PLAY**

**Live. Learn. Play!**  
[ccparkandrec.com](http://ccparkandrec.com)

The City of Corpus Christi promotes participation regardless of race, color, national origin, sex, age, religion, political belief or disability. 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.