

**OAKWOOD VILLAGE IS GETTING FIT FOR SPRING
WON'T YOU JOIN US?**

SIGN UP NOW FOR THE 8 WEEK SESSIONS OF

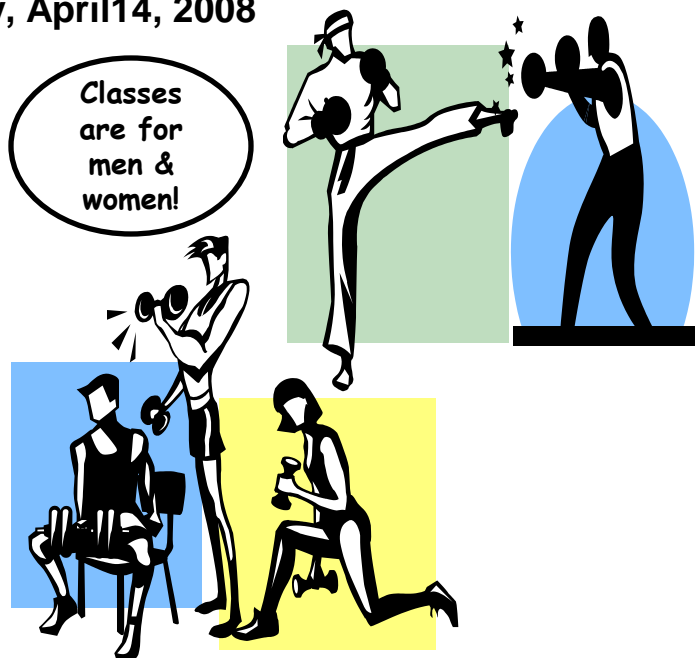
Cardio Kick Blast & Body Sculpt

Starts Monday, April 14, 2008

Cardio Kick Blast & Body Sculpting Class

The Cardio Kick Blast is interval training which encompasses a variety exercise styles such as aerobics, cardio with weight gloves, boxing, kickboxing, jump roping and mixed martial arts. Each class will always be something different to eliminate fitness plateau and boredom. Modified version are always given for complicated and intense moves. This class keeps you moving and motivates you to work hard. **Light weight class it is not!!!!**. Be prepared to sweat and burn calories. To keep the weight off; proper eating habits is a must!! The Body Sculpting Class is a combination of circuit training, calisthenics and weights. You'll never get bored with either class structure! So get ready for a challenging work out.

Classes are for men & women!



No matter what your fitness level -- if your serious about getting fit inside and out—these classes are for you. **Join now--your heart will appreciate it!!! CLASSES FILL UP FAST—SO DON'T GET CLOSED OUT OF OAKWOOD VILLAGE' S FITNESS CRAZE.**

Register Now at:

Village Hall--- Front Office. Ask for the Recreation Director, Brenda Taylor between the hours of 9:00 am-5pm. Contact number:(440)232-9988 Ext.#107 or Recreation Cell (216) 978-7872

Eight Week Classes Starts:

Mon., April 14 , 2008 and ends Thurs. June 5, 2008

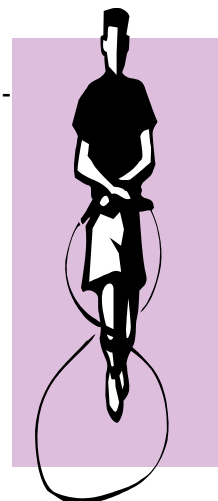
Class Day and Time:

Mon. & Wed. 6:00 - 7:00 pm Cardio Kick Blast
Tues & Thurs. 6:00 - 7:00 pm Body Sculpted

No Class on Mon., May 26 Memorial Day observed

Class Location:

Oakwood Village Community Center
23035 Broadway Avenue



Cost	Cardio or Sculpt	Both Cardio & Sculpt Only	Walk In Per Class
Resident	\$20	\$40	\$3
Non-Resident	\$30	\$50	\$5

Only payment will reserve your spot—no refunds or class transfer allowed. Visa/ MasterCard accepted

Please bring the following items for Class:

Jump rope, boxing gloves, weight gloves, exercise mat, bottled water, and towel. Body Sculpting class has a limited supply of weights— to guarantee that you will have weights to train with bring a pair or two of your own in (i.e. 5 and 8 pounds or 10 and 12 pounds— base it on your abilities).

Note: Remember to check with your physician before starting any fitness program.