

LOVE YOUR BODY!

CARDIO SCULPT



- *All Levels Welcome**
- *Core Training**
- *Resistance Training**
- *Cardio Drills**
- *Tone Up**
- *Get Stronger**
- *Have More Energy**

Join us at :

Stagecoach Park Recreation Center

Tuesdays and Thursdays

8am-8:50am

6 week class

Next sessions begin

June 22 - July 10

\$85 resident / \$95 non-resident

Drop-in \$15 anytime starting today

(760) 672-TALK

carlsbadconnect.org

michelle@szames.com