



Community Resources Department

Presents:



# KICK TONE & DANCE EXERCISE CLASS

With

## Annette DeAnda



*This class is a perfect workout if your looking to lose inches and build and tone muscles while burning fat. Designed to start with a cardiovascular workout, then incorporate muscles toning by adding resistance to increase strength on your upper & lower body; and ending workout with a relaxing and fun dance routine as a cool down.*

**Days:** Tuesday & Thursday      **Time:** 6:30 p.m.-7:30 p.m.

**Registration Fee:** \$30 Azusa Residents/ \$34 Non- Azusa Residents

**Ages:** 16 years & older.

**Location:** Memorial Park, 320 N. Orange Pl., Azusa

### November 12– December 19, 2019

No class on Nov. 28<sup>th</sup> –Thanksgiving holiday .

Make-up will be offered on Nov.27<sup>th</sup>

**(6) week session /(12) classes each session**

*Register now at the Memorial Park Recreation Office:*

*320 N. Orange Pl., Azusa. Monday-Thursday 7:00 a.m. - 5:30 p.m. (626)*

*812-5280 or on-line [www.azusaca.gov](http://www.azusaca.gov) click the E-services tab.*

*“Creating a Lifetime of Memories for the Entire Family”*

