

Complete Workout

*Spring 2018
Session*

Mondays and Thursdays
6:00pm – 6:45 pm

Jan. 15-Feb. 22
At Indian Creek Middle
School

Cost – must be least age
60 to register for \$25. The
non-senior rate is \$75.



The complete workout class is for adults of all ages who want to get in shape and/or stay fit. Classes will include stretching, strength training and cardio workouts. Students will work at their own pace and will need to bring hand weights (3-5 pounds), an exercise mat and water. Please wear comfortable clothes and gym shoes.

REGISTRATION REQUIRED:
www.kish.edu

