



HERMON FIT CLUB SCHEDULE APRIL & MAY 2016

AT HERMON ELEMENTARY SCHOOL – CAFETERIA/GYM
SCHEDULE SUBJECT TO CHANGE
(REVISED 3-28-16)

April 2016

Monday, April 4	6:00 to 7:00 p.m.	Just Walk - The Burn to the Beat!
Monday, April 11	6:00 to 7:00 p.m.	Just Walk - The Burn to the Beat!
Monday, April 25	6:00 to 7:00 p.m.	Just Walk - The Burn to the Beat!

May 2016

Monday, May 2	6:00 to 7:00 p.m.	Just Walk - The Burn to the Beat!
Monday, May 9	6:00 to 7:00 p.m.	Just Walk - The Burn to the Beat!
Monday, May 16	6:00 to 7:00 p.m.	Just Walk - The Burn to the Beat!
Monday, May 23	6:00 to 7:00 p.m.	Just Walk - The Burn to the Beat!

WORKOUT INFORMATION

This video led - JUST WALK with Leslie Sansone program- will give you challenging workouts, but you'll feel so good walking to the brisk beat! These workouts energize you! Each workout starts with a *Warm Up Walk* and gradually builds to *fat burning speed!*

Class is free to participate in for Hermon - Carmel - Levant residents!

Register online at www.hermon.net

- Participate at your own risk -