

Aerobics Class

Mineral Wells Parks & Recreation

Starting September 11, 2018

Tuesdays & Thursdays

**6:00 pm – 7:00 pm @ the Mineral Wells
Activity Center**

**10 visits for \$25.00
or a single visit for \$3.50**

Class Instruction

Light Cardio

Weights (Targeting Arms)

Low Impact Paced



**For more information call
Mineral Wells Parks &
Recreation @ 940-328-7803**