



La Center Community Education

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
STRENGTH TRAINING/Cardio + Core

Instructor: NW Workouts team

FOR AGES 16* & up

Maxed out on cardio? Looking to sculpt, strengthen & define your muscles? Join our IG Interval Strength class limited to 10-12 people. Learn how to master movement via body weight & resistance training. You'll be doing something great for your body, resulting in a stronger leaner you! You'll get a great workout! *(Bring a towel & plenty of water.)*



Northwest
WORKOUTS 
Group Exercise Classes
425.941.8801

WEDNESDAYS
#8682-27

6:30PM (6 classes a session)
Sept. 26-Oct. 31, 2018

Place: Held at NW Workouts Studio (112 N Main Street, Ridgefield 98642)

*Parental consent required.

Fee: \$59

www.lacenterschools.org

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