

Strength Fusion

With Darlene Smithson

Ramp up your strength training for all muscle groups with Strength Fusion!

This class is 60 minutes of strength training exercises fused with simple cardio numbers.

Interval Training is one of the best methods to increase your heart rate, burn calories and add muscle mass — all while enjoying choreographed music!



**Monday, Wednesday, & Friday
9:15 am - 10:15 am**

Cost is only \$6.00 per class!



Class fee is required for all Recreation Center members. Non-Members are required to pay the daily guest fee plus the rate of the class. Please contact the Recreation Center at (910) 458 - 2977 with any questions.