

CB Aerobics

Jacki Sorensen Choreographed Routines

This class is a total body workout that combines an aerobics segment using steps (modifications include not using the step), along with a weight and abdominal workout.

This class is a fun and energizing way to exercise and is designed for all age and skill levels!



Monday, Wednesday, & Friday
8:00 - 9:00 am

FREE CLASS!



**Non-Members are required to pay the
\$7.00 facility daily guest fee.**

Please call 458 - 2977 with any questions.