



NEW

Adult Hip Hop **(Begins January 7, 2010)**

A cardio intensive workout that focuses on the movement of dance. Burn up to 1000 calories while learning new dance moves!

Thursday 5:25p.m.-6:25p.m.

Y-Member: \$25/5wk. session
General Public: \$50/5wk. session

Instructor: Nnanna Egbujiobi



NEW

Hip Hop for Kids! **(Begins January 4, 2010)**

Hip Hop dance instruction and cardio geared toward the school aged child. Exercise made fun!!!

Monday 4:00p.m.-4:55p.m.

Y-Member: \$25/5wk. Session
General Public: \$50/5wk session