

NEW CLASS! WORK IT OUT

Open gym style boxing circuit training workout.

Work It Out is a cardio kick program using heavy bags and circuits.

You can get a 30-minute workout in or choose to stay longer and go through the circuits again.

Instructor Ed Hicks, martial arts blackbelt

TRY IT FOR FREE! Drop in for a class and see what it's all about. First class is free. No equipment needed.

DAY/TIME:

Drop in one or all days offered

Work It Out is open:

7-8:30 p.m.

Tuesday & Thursday

8-9:30 a.m.

Saturday

LOCATION:

Oconomowoc Community Center

Activity Room

COST:

\$36/Resident - per month

\$54/Nonresident - per month

