



Body Sculpting

Looking for a weight-training class?

How about conditioning the body from head to toe? In just one hour, this class focuses on toning up your figure by incorporating upper, lower, and core strengthening techniques with emphasis in proper stretching.

You will leave feeling stronger and stress-free!



Biscayne Bay Campus Fitness Center

Tuesday: 3:00—4:00 PM

Instructor: Ken VanDerBeck

Call 305-919-5678 for more info!

