

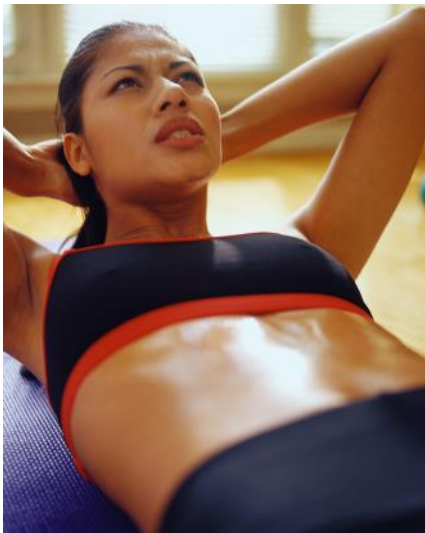
# Beginning Quick Fit!

This class is a basic total body, only “30 minute work-out”! It utilizes free weights and body weight, medicine balls, and core movements to music. It is excellent for those with very limited time perhaps due to work schedules, homework or family responsibilities. This class will focus on basic strength and conditioning and again it is only 30 minutes! It is fun, easy and makes you feel so good!

**Please bring free weights, a towel, water, gym attire, and a fun attitude!**

**Location:** Crosswoods Community Center  
**Ages:** 14+ years

**PUNCH CARD: 4346.310 \$60**  
**Good for 8 classes within 2 months**



Mon/Thur	8:00 - 8:30pm	\$50
4346.301	10/2 - 10/26	
4346.302	11/2 - 11/30*	
4346.303	12/4 - 12/28*	
4346.304	1/4 - 1/25	
4346.305	2/1 - 2/26	
4346.306	3/1 - 3/26	

**No class 11/23, 12/25**

7801 Auburn Blvd.  
 Citrus Heights, CA 95610  
 (916) 725-1585  
 (916) 725-2541 fax  
[www.sunriseparks.com](http://www.sunriseparks.com)

**View Activities &  
 Register Online**



**Parks  
 Make  
 Life  
 Better!**

Follow us:

