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# POUNID<sup>®</sup>

ROCKOUT. WORKOUT.

Mondays 5:30-6:30pm: April 1, 15, 22, 29 \*no class April 8

Thursdays 6:40-7:40pm: April 4, 18, 25, May 2 \*no class April 11

*Register by:* March 28th

4 week session:

1x a week = \$20

2x a week = \$40

HEALTHY  
US



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PARKS &  
RECREATION