

Aerobic Fit



Aerobic Fit is an Active Adult intermediate level class designed to be fun, challenging and calorie burning! It is perfect for participants who want an energizing activity and who do not need the assistance of a chair. This class includes continuous low-impact aerobic choreography, smooth transitions, and sequenced movement repetitions. This class may include the use of mats, weights, resistance bands, and small medicine balls. Instructor: Dana Kincaid

Course Fee: \$8

Time: 10:15am-11:00am

Dates:

Tuesdays

#187818 Jan 5-26
#187841 Feb 2-23
#187842 Mar 1-29
#187843 Apr 5-26

Thursdays

#187845 Jan 7-28
#187846 Feb 4-25
#187847 Mar 3-24
#187848 Apr 7-28



RALEIGH Parks,
Recreation and
Cultural Resources
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