

# Lunchtime Aerobics Class at Shelby City Park!!!



**When:** Tuesday & Thursday

**Time:** 12:15pm-12:45pm

**Type of Class:** A blend of Cardio and Strength Training

**Instructors:** Sandy Carpenter & Dee Greene

**Cost:** \$12.00 a Month; Payment is expected when signing up

**Other Info:** All classes are co-ed; students 16 and over are welcome; you may take your first class FREE!



Any questions call 704-484-6821

Please visit:

[www.cityofshelby.com/parks](http://www.cityofshelby.com/parks)



