

MOVE-N-GROOVE



Do you get bored with the same old workout? Do you want exercise to be exciting and motivating?

Our goal is simple: We want you to want to work out. The Move-n-Groove program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. Achieve long-term benefits while experiencing an absolute blast in one thrilling hour of calorie-burning, body-energizing movements meant to engage and invigorate for life!

The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Move-n-Groove class!

Kristin Burgess will lead this new class on Saturdays from 9 am-10 am in the bowling alley at the CRA for 6 weeks starting January 16th. Cost is \$30.00 for all 6 classes or \$6.00 for drop-in.