

# North Little Rock Community Center

## Class Schedule

### Mondays

5pm-6pm Cardio Strength

6pm-7pm Zumba

### Tuesdays

5:30pm-6:30pm Fat Loss Boot Camp

### Wednesdays

5pm-6pm Cardio Strength

### Thursdays

5:15pm-6:15pm Fat Loss Boot Camp

6:15pm-7:15pm Zumba

### Fridays

No Classes

## **Zumba**

*A Latin inspired, easy to follow, calorie burning, dance fitness party! Feel the music and let loose.*

## **Fat Loss Boot Camp**

*This class is designed to: maximize fat loss in the shortest time possible, improve overall fitness, increase energy and BE FUN!*

## **Cardio Strength**

*This class combines a variety of aerobic and strength training exercises to help you increase your heart rate and get you toned.*