



## Aerobic Rhythmics

With multiple locations in Montgomery and Bucks Counties, Aerobic Rhythmics offers a one-hour total body workout. The program encompasses 25 minutes of cardio with multiple types of dance, resistance workout with tubes, tone with small hand weights, and pilates floor work, ending with Yoga cool down. Complete workout! Pound Program with Drumstix included. We also offer Aqua-size water aerobics and Zumba classes. For additional information, please call Tami Morris at 610.489.3180 and visit [www.aerobicrhythmics.com](http://www.aerobicrhythmics.com) for class details.

**Aero-Flex:** This high-intensity/low-impact workout is everything you need in one hour! Set to lively music, this full-body workout includes a cardio segment for burning calories and a strength segment utilizing light weights and resistance tubing. Some Pilates and Yoga exercises makes this a complete workout.

**Aqua-Size:** This water aerobics class is designed to increase stamina, improve strength and increase tone all while having fun with your friends! Set to music, this lively and varied class allows you to burn calories without taxing your joints. It is designed for all age and fitness levels so jump in the pool and get energized!

**Zumba:** Zumba is a unique, cardio fitness program that involves Latin-inspired dance choreography. It is a tremendous workout that can help you de-stress your mind while you boost your heart health and burn calories. Come on out and have fun with us every Saturday morning!



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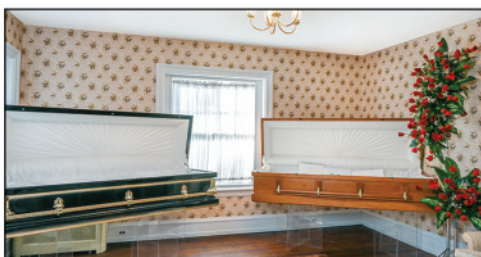


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