Movement to Music

<table>
<thead>
<tr>
<th>CLASS</th>
<th>AGE</th>
<th>DAY</th>
<th>TIME</th>
<th>PRICE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Movement to Music</td>
<td>5-12</td>
<td>Tuesday</td>
<td>5:00pm - 6:00pm</td>
<td>$10</td>
</tr>
<tr>
<td>Movement to Music</td>
<td>5-12</td>
<td>Thursday</td>
<td>5:00pm - 6:00pm</td>
<td>$10</td>
</tr>
</tbody>
</table>

Body conditioning is paired with pop music to help students power through a vigorous workout. Begin with a warm up followed by interval workouts consisting of squats, push-ups, crunches and much more. The class is designed to be challenging, but students can move at their own pace. Each class ends with a relaxing cool down.

SESSION 1
April 13, 2020 - May 23, 2020
SESSION 2
May 25, 2020 - July 4, 2020

INSTRUCTOR: Michelle Sanchez

No Class on Holidays: 5/25/20

Registration Date: March 2, 2020

FERNANGELES RECREATION CENTER
8851 Laurel Canyon Blvd., Sun Valley, CA 91352
Phone 1: (818) 767-4171 Phone 2: (818) 767-4219
Email: Fernangeles.RecreationCenter@LACity.org

The Spring session is $10 for Session 1 (6 weeks). The Spring session is $10 for Session 2 (6 weeks).

La sesión de primavera es de $10 para la sesión 1 (6 semanas). La sesión de primavera es de $10 para la sesión 2 (6 semanas).