



# **BODY TONING CLASSES**

## **Fall/Winter Session**

**September 9, 2004 - December 30, 2004**

**STARTING** - September 9, 2004

**LOCATION** - Building 1 Cafeteria

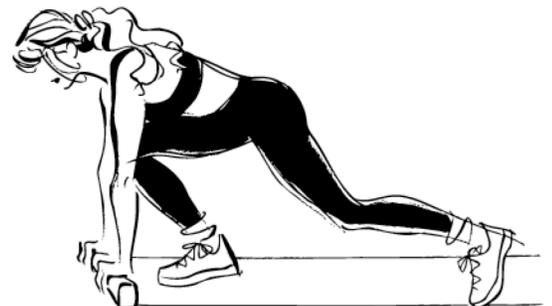
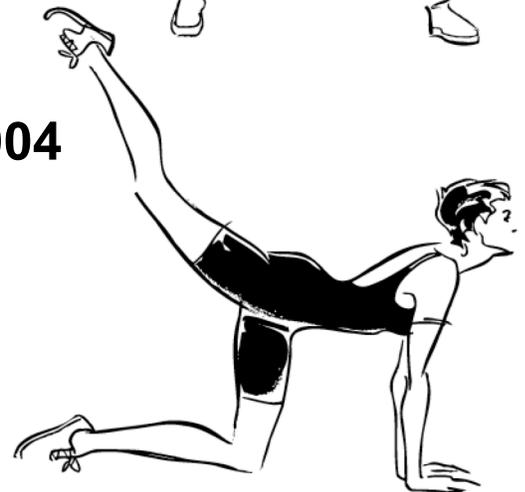
**COST** -

- \$57 Body Toning
- \$ 3 Annual Dues

**CLASS SCHEDULE** -

- Body Toning - T/TH 4:30 pm - 5:30 pm

- PLEASE BRING WATER
- PLEASE BRING A MAT AND/OR TOWEL
- PLEASE WEAR COMFORTABLE CLOTHES
- PLEASE WEAR SUPPORTIVE SHOES
- LIGHT WEIGHTS RECOMMENDED



REGISTRATION WILL TAKE PLACE 30 MINUTES PRIOR TO THE FIRST CLASS OF THE SESSION. THERE WILL BE 28 CLASSES CONDUCTED FOR THE CLASS OFFERED. FOR FURTHER INFORMATION, CONTACT TERRI HYNSON ON 301-286-8536 OR E-MAIL AT TERRI.HYNSON.1@GSFC.NASA.GOV