

Cardio Dance *on the Step*

with

Jo-Anna

Fitness Professional
ACE Certified
AS Nutrition



A fun, calorie burning, heart pumping workout! *Cardio Dance on the Step* is best suited for the intermediate to advanced exerciser but all moves are built logically and smoothly. From beginning to end you'll be focused both physically and mentally, and enjoying every moment of this calorie-burning progressive challenge.

**Get ready for a
challenging, but
achievable, cardio
workout.**

Saturday's

8:00 a.m. - 9:00 a.m.

**Purchase a four-session
punch card for \$20.**

Punch card valid for six weeks.

Held at

Fitness West
1880 Garnet Avenue
Pacific Beach

*For more information,
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