



# *Total Fit*

**Energize your week.** Come join Trainer, Fitness Instructor and Triathlete Larry Aceves for a forty five minute strength and cardio workout set to heart pumping music.

Total Fit is a combination of Yoga, Aerobics, Dance, Strength Training and Kickboxersize.



Bring a mat, some hand weights and come ready to have fun. Children are welcome to participate or just enjoy the music.

**Every \_\_\_\_\_ here at \_\_\_\_\_**