

Gorham Parks & Recreation Department Presents

Cardio & Sculpt Mashup

with Lucie Roy



This class incorporates cardio and muscle toning for a total body workout. Cardio moves are basic and can be modified for any fitness level. Lace up your sneakers and come give this class a try!

Location: Gorham Parks & Recreation Dept. ~ 33 Exchange Street

When: Wednesdays 8:00-9:00am,
Wednesdays 4:15-5:15pm
Fridays 8:00-9:00am

Bring: Water, exercise / yoga mat, hand weights

Cost: \$5.00 per class

*Punch cards can be purchased for discounted prices.

\$40.00 for 10 classes, (\$10.00 discount, 2 free classes)

FMI - Contact Andrea at 603-466-9866 or email apearl@gorhamnh.org