



ROPE SKIPPING & SPORT CONDITIONING FOR WOMEN



This fun, 60 minute workout for women combines rope skipping, salsa and hoola hooping to develop body awareness, coordination, cardiovascular endurance and flexibility.

When: Friday, Jan 13th-Mar 2nd 7-8pm
Where: Broadview Public School
Who: Women, 18+ yrs
Cost: \$74.50
Barcode: 695192

For more information/Pour plus d'information:

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