

## Power Classes

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The Power Classes are upbeat and fun. The classes offer a fantastic experience and promote health awareness.

**Cost:** \$10.00 Per class for you and a guest. This will include water bottle, granola bar and prizes.

Cash or Credit, No refunds or class exchange after purchase

**Ages:** 10 years old & up

**Classes:** Thursdays 5:30 p.m. - 7:30 p.m.

Feb. 11, 2010 Family Fitness

April 5, 2010 Partners Fitness

June 10, 2010 Last One Standing

August 12, 2010 Health & Fitness

October 14, 2010 Extreme Fitness

December 09, 2010 Hardcore Fitness

**Register at:** Maywood Activity Center (M.A.C.)

4801 E. 58th Street, Maywood, CA 90270

**Registration Date:** February 1, 2010 For all classes

Payments are accepted Monday - Friday 7:30 a.m. to 5:30 p.m.

For more information call (323) 562-5020.