

Cardio Sculpt

Tone up and burn calories with Cardio Sculpt! This workout combines cardio and strength training exercises all in one class leaving you burning calories well after your workout is over.

Tues. & Thurs. 4:30-5:15pm

Class is free to members and \$4.28 for non members.

Other great classes offered at the Williamsburg Recreation Center: Zumba, Pilates, Yoga, Step, Spinning, Boot Camp and more. Check out our website at www.williamsburgiowa.org for our complete calendar of classes.

**Williamsburg Community Recreation Center
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Williamsburg, Iowa 52361
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