

March-April 2018

8 week class



The Town of Rush Recreation Department and Vickie Menz, an aerobics instructor in Rush since 1982, will be offering a March-April evening aerobics class for ages 16 and up. The class is designed to improve cardiovascular health with fun moves choreographed to music you'll enjoy. It also includes floor routines to target your stomach, legs and arms, as well as stretches to improve flexibility. A good exercise mat is essential; a pair of weights (3 or 4lbs.) is optional. All fitness levels are welcome. Dates and costs located below;

Tuesdays February 27 th -April 17 th Thursdays March 1 st -April 19 th	6:15PM-7:15PM	1 Day/Week: Cost: \$27.00 Resident \$32.00 Non-resident
Tuesdays and Thursdays	6:15PM-7:15PM	2 days/Week \$50.00 Resident \$54.00 Non-resident

You can sign up for this class at the Rush Town Clerks office or applications to join this program can be found on the townofrush.com website.