



HILLCREST
RECREATION
Ministry

**Ladies Only Aerobics Class
Tuesdays and Thursdays
Beginning January 3
9:30a–10:30a**

HBC Recreation will offer an Aerobics Class for Ladies Only on Tuesday and Thursday mornings from 9:30a to 10:30a beginning January 3, 2012. These classes will be taught by Cindy Patterson, who is a certified fitness instructor. The classes are low impact and include the use of equipment, such as weights and steps. Cindy is certain to keep the energy level high as she makes fitness fun and enjoyable.

The cost is \$1.00 per person per class. You can make your payment when you come before each workout. Please make sure to bring your own mats and water bottle. These classes are open to everyone in the community, so be sure to bring a workout buddy. For more information, contact Darell Harrison at 850.476.2233 or dharrison@hillcrestchurch.com.