



# Sweatin' N Dancin'

This 30 minute medium intensity total body cardio class will incorporate strength, resistance and toning techniques as well as elements of dance. Old school tunes will provide the soundtrack for class. Be prepared to have fun, increase your stamina and sweat-a lot. All fitness levels welcome!!!!

## What

**All Levels**

**\$22 Residents**

**\$26 Non-Resident**

**Each class (Mon. or Tues.)**

## When

**Monday Classes**

**11/14–12/5**

**Tuesday Classes**

**11/15–12/6**

**Time: 6pm**

### Registration Ends

Monday Class 11/14

Tuesday Class 11/15

at 5pm

*cardio-*

*Strength  
& Toning*

## Where

**Robbins Recreation Center**

**512 S. Hargrave Street**

**Lexington, NC 27292**



**FOR MORE INFORMATION**

**CALL 336-248-3960 OR WWW.LEXINGTONNC.GOV**