

Belle Terre Swim & Racquet Club

Ultimate Exercise Class! 20-20-20

A low-impact, progressive strength and toning program geared for this one-size-fits-all fitness class!



- * 20 minutes of cardio
- * 20 minutes of weights
- * 20 minutes abs and glutes

Belle Terre Swim & Racquet
Club Community Education

73 Patricia Drive
Palm Coast, FL
32137
386-446-6717

website:

[http://
fce.flaglerschools.com](http://fce.flaglerschools.com)

**Every Tuesday and Thursday
from 4:30 pm to 5:15 pm.**

October 16th-December 6th

\$56.00 per person

Instructor: Eileen P. Curran