

Low Impact Cardio

No jumping jacks, no push-ups. No burpees. Try this 30 minute standup low impact cardio class. 5 minute warm up, 20 minute cardio, and 5 minute cool down. Class is modifiable to all fitness levels and designed to be easy on your joints.

Times Offered:

Friday's - 10:30 am

30 Minutes

Fitness Level: ALL

COST: Free