

# Full Body Conditioning

By Tony Cummings



## Functional Cardio Boxing

Stimulate ALL your muscle groups  
Get lean & toned through progressive circuit training  
Learn something new, exciting & fun

## Boot Camp Core

This class will build your body as a unit.  
It produces improvements for daily functions like  
lifting groceries or babies, digging in a garden and simple  
home tasks. If you are looking to build a more stable and  
stronger core then this will be a fun progressive class for  
you using the stability and medicine balls.



## Session I

Monday & Wednesday

**5:30pm-6:30pm**

## Session II

Monday, Tuesday & Wednesday

**6:30pm-7:30pm**

Ages 18Y & Up

Class Fee: \$35



Contact Chavis for full details

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