



Power Hour

A 60 minute workout challenging all the major muscle groups by using exercises like squats, lunges, lifts, pulls and pushes to get your body in the best shape...and FAST!! Each workout is choreographed to the hottest music..... together with a motivating instructor this is the class for you!

Instructor is Micheal Coursey

**Booker T. Washington
Community and Recreation Center**

100 Mansfield Road
Cleburne, Texas 76031
817-556-8858
www.cleburne.net

Schedule

January 9 Thru February 17
Mondays and Wednesdays
5:30 to 6:30 pm
Fridays 10:30 to 11:30 am

**New Year's
Special
\$35**

**Register in Person
Class limited to 25 participants**

