



Cardio Hip Hop Strong

with Jillian



Cardio Hip Hop Strong is a fun cardio workout that includes the latest hip hop dance moves to get you sweating those pounds off. Basic moves make this class fun for anyone... even the non-dancer. An awesome workout that will leave you toned and feeling like you learned some new moves. A great addition to our cardio classes for those who like some traditional hip hop dance moves without the floor work. Not only is it a great cardio workout... you'll learn different styles of dance.

Wednesday's at 5:15am!
45 min class

Welcome our new fitness instructor, Jillian to the RAC team with this fun and unique new class!

6 Visit Fitness Punch Passes Available!

Members

Boarding Pass Plus: \$30.00

Boarding Pass: \$36.00

Non-Members

Non-Member Resident: \$42.00

Non-Member Non-Resident: \$48.00

Drop-In: \$9

•35765 Northline Road • Romulus, MI 48174 •