

# OLD-FASHIONED AEROBICS



Do you miss the days of going to a group fitness class and doing aerobics for fun, popular music, working every major muscle in your body, and burning up to 700 calories in one class? Well, AFAA certified Deborah Norris will be here for you to get your body moving. March, run, hop, step touch, knee lift, hamstring curls, jumping jacks, leg lifts, lunges, squats, etc. to exciting, easy-to-follow routines: this aerobics class will be a full-body workout. Class is appropriate for all levels, and all high impact exercises can be modified to low impact. Instructor will show you how to make it your own work out!

Instructor: Deborah Norris  
Who: Ages 16 and up  
What: Full-body Aerobics Class  
When: Wednesday 5:00PM-5:45PM  
Where: Big Bear Sports Ranch (2080 Erwin Ranch Rd. Big Bear City)  
Cost: \$28 per month (4 classes per month)  
**\*Drop-in cost \$10\***  
Min. Participants: 6    Max. Participants: 20



Register online at:  
[www.bigbearparks.com](http://www.bigbearparks.com)  
For questions or to sign  
up please call:  
**909-866-9700**

