

DAN KINNEY FAMILY CENTER



30/30: CARDIO CORE

This 45-minute class will alternate bouts of Core work with Cardio intervals to quickly raise your stamina and strengthen your midsection!



Facility Hours of Operation

Monday – Friday

Facility: 5a.m. – 10p.m.
Child Care: 8a.m. - 2p.m.
4p.m. - 9p.m.

Saturday

Facility: 7a.m. – 8p.m.
Child Care: 9a.m. - 1p.m.

Sunday

Facility: 10a.m. – 6p.m.
Child Care: 12p.m. - 4p.m.

Let's get toned and in shape!

Times

Mondays at 4:30 p.m.
Wednesdays at 12 p.m.
Fridays at 8:30 a.m.

Fee

Members: Free
Non-Members: Daily Fee

Location

Dan Kinney Aerobics Room

Ages: 16 & Up

Visit our website for more information: parkboard.org/dkfc

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