

Pump it up!

Mondays from 9:30-10:30 am

Starting April 5th through June 7th

Free to the public

Instructed by **Personal Trainer** Sam Amado & **Recreation Leader** Elaine Allen

Pump It! is a dumbbell-based class that will work the major muscle groups of the body. This class will help you achieve muscular endurance and flexibility. **Pump it!** is a great class for beginners or as an addition to your existing routine.