

Just Move it with SNAHC in 2012!



It's up to you!



Just Move It Fitness Dance & Cardio Kickboxing!

January 18th – April 11th 2012

Join us for a two-part series this winter and spring! If you are just getting back into physical activity or have not exercised in a while—this class is for you! **Fitness Dance is a fun and effective low-impact cardio workout with sculpting exercises designed to tone the entire body. Cardio-Kickboxing is a combination of aerobics, boxing, and martial arts.** Class is FREE. All fitness levels welcome!

WHERE: 3rd Floor of 2022 J Street – SNAHC's Admin Building

WHEN: Every Wednesday, from 5:30pm – 6:30pm

WHO: Sacramento Native Community 13 years and older

To sign-up fill out the attached forms and turn them into Cathy Carmichael cathyc@snahc.org 916-341-0575 ext. 227
Sacramento Native American health Center, Inc. 2020 J Street, Sacramento.

Just Move It Fitness Dance

Music will take us around the world!

1. January 18 Latin
2. January 25 Swing
3. February 1 East Indian
4. February 8 Native American
5. February 15 Greek
6. February 22 Hip Hop
7. February 29 Music Celebration



Cardio-Kickboxing and Aerobics

1. March 7
2. March 14
3. March 21
4. March 28
5. April 4
6. April 11 – Graduation!