

# STEP -n- SCULPT



“Step-N-Sculpt” class will be an easy non intimidating step class that will be taught in easy to learn combination sequences, with safe and proper form techniques in both the step & the toning the abdominal portions of this hour long class!

**SO GET IN SHAPE NOW BEFORE SPRING~ FEEL GREAT AND LOOK GREAT TOO!!!**

**Mondays & Wednesdays**

**TIME: 6-7 AM**

**INSTRUCTOR: April Bisson**

**AFAA Certified Aerobic Instructor/Personal Trainer**

**For more information call April at 620-4027**

**LOCATION: Bedford Town Hall**

**Pay the instructor as you attend**

**FEE: \$9 per week (for 2 classes) OR**

**\$5 per week (for 1 class)**

**SPONSORED BY: BEDFORD PARKS & RECREATION**