

**Attention Ladies!**

**There’s Still Time to Enroll**

**and**

 **Get into Shape with**

**KIN V28 CRN 31321**

**Conditioning for Women**

**Tuesdays & Thursdays   9:30 am ‑ 10:45 am**

**Ventura College‑Small Gym‑Spring Semester 2017**

**Instructor:  Carol Schreiber:** **cschreiber@vcccd.edu**

***Starts Tuesday, January 24, 2017 (Late-start Class)***

**Get fit with group-led low impact aerobics, kickboxing, interval training, Zumba, weight & resistance training & more!**

**All levels of fitness welcome!**

***Register Now!***

