

# Cardio Fusion

## For JHU Faculty and Staff

### Cardio Class:

Wednesdays  
5:15pm-6:00pm

### Session Date:

July 11 –  
August 22, 2018

### Location:

Great Hall

Note:

August 8<sup>th</sup> & 22<sup>nd</sup>  
will be held in  
Mattin 101

### Cost for Session:

\$14 for entire session

### Notes:

Bring a yoga  
mat and wear  
comfortable clothing



JOHNS HOPKINS  
UNIVERSITY

### Cardio Fusion

Cardio Fusion is an aerobic workout combining kickboxing moves, hi/lo floor aerobics, and even some boot camp drills. Be ready to have some fun while burning calories in this challenging class. Core conditioning will be incorporated as well.

Beginners to advanced exercisers  
are welcome!

### Register Online

Register online by going to the  
wellness section of the [Benefits website](#).

Email [wellnessprograms@jhu.edu](mailto:wellnessprograms@jhu.edu)

with questions



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