

Cardio Fusion

For JHU Faculty and Staff

Cardio Class:

Wednesdays
5:15pm-6:00pm

Session Date:

April 4 –
June 6, 2018

No Class:

May 23

Location:

Mattin 101

Cost for Session:

\$16 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

with questions



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