

Are you tired of the same old cardio workout?



— THEN TRY... —

# CARDIO — CRUSH —

MONDAYS & WEDNESDAYS 6-6:45AM  
SATURDAYS 9:15-10AM

Break up the boredom with this cardio interval workout! Using basic, athletic, step and kickboxing moves, you will experience a fun, calorie-blasting workout. All levels welcome.

**CHICO** *Sports* CLUB  
HEALTH & FITNESS