

Step Aerobics Classes



Free

at the Renaissance Senior Center
at South Econ Community Park

**Mondays, Wednesdays
& Fridays**

4:00 p.m. – 5:00 p.m.

The benefits of step aerobics are many. The best part about step aerobics exercise is that it burns calories and fats while toning muscles and strengthening them. It also helps to stimulate the circulation of blood around the body and reduces blood pressure levels.

It is very good for the cardiovascular system. Sylvia Boyd and Maria Cartenanga, volunteer instructors, will be leading the classes.



**For More Information,
Please call (407) 254-9070**

**3800 South Econlockhatchee Trail,
Orlando, FL 32829**

www.orangecountyparks.net

We embrace the power of diversity. Orange County Parks and Recreation does not discriminate against anyone on the basis of age, race, gender, national origin or disability. ANY SPECIAL NEEDS PLEASE CALL.

