

Arbuckle Parks and Recreation District

WWW.ARBUCKLEPARKSANDRECREATION.ORG

(530) 908-2061 aprd.mgrimmer@gmail.com

2019

CARDIO WITH WEIGHT

AND AGILITY TRAINING



### Dates/Times

Tuesdays & Wednesdays  
6:30pm

PLEASE CHECK FITNESS  
CALENDAR ON WEBSITE

### Location

**APRD Building**  
309 5th St, Arbuckle

### Fees

**\$5 per Class** *or*  
**Fitness Cards available for**  
**\$20 card (4 Classes),**  
**\$40 card (8 Classes),**  
**\$75 card (16 Classes).**