

20/20/20

Class

**Mondays nights at 7:00
At Meridian**

Come join me for this total body workout!!!!!!

**We will be incorporating many different
workouts into ONE class.**

20 minutes segments will include:

**Core
Sculpting
Cardio combat
Floor aerobics
Cardio blasts
Basic Step Cardio moves
Stretch and strengthen
Station in 20 minutes rounds**

**For questions email me at
timcaleb@windstream.net ; call me at 404-
274-5895, or find me on Facebook
Jolie's Workout Classes**