

# Muscle Toning & Conditioning at White Marsh

For JHU Faculty and Staff

## **Toning Class:**

Thursday  
4:30pm - 5:15pm

## **Session Date:**

April 5  
June 21, 2018

## **No Class**

June 14

## **Location:**

Lunchroom  
9910 Franklin Square Drive

## **Cost for Session:**

\$15 for entire session

## **Notes:**

Bring a yoga mat,  
hand weights and wear  
comfortable clothing



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## **Muscle Toning & Conditioning**

Muscle Toning and Conditioning will strengthen, condition, tone, and define your muscles. It is a 45 minute workout that concentrates on every major muscle group in the body. One should expect cardio intervals to sometimes be intermingled between strength exercises. This class is ideal for beginners to experienced exercisers.

## **Register Online**

Register online by going to the wellness section of the [Benefits website](#).

Email: [wellnessprograms@jhu.edu](mailto:wellnessprograms@jhu.edu) with questions.



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