

Muscle Toning & Conditioning at White Marsh

For JHU Faculty and Staff

Toning Class:

Thursday
4:30pm – 5:15pm

Session Date:

January 4 –
March 15, 2018

Location:

Lunchroom
9910 Franklin Square Drive

Cost for Session:

\$15 for entire session

Notes:

Bring a yoga mat,
hand weights and wear
comfortable clothing



JOHNS HOPKINS
UNIVERSITY

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 with questions.



healthy
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