

Cardio Fusion

For JHU Faculty and Staff

Cardio Class:

Wednesdays
5:15pm-6:00pm

Session Date:

January 8 –
March 18, 2020

Location:

(see schedule)

Cost for Session:

\$20 for entire session

*Lump sum payment will be
collected via payroll
deduction only*

Notes:

Bring a yoga
mat and wear
comfortable clothing



JOHNS HOPKINS
UNIVERSITY

Cardio Fusion

Cardio Fusion is an aerobic workout combining kickboxing moves, hi/lo floor aerobics, and even some boot camp drills. Be ready to have some fun while burning calories in this challenging class. Core conditioning will be incorporated as well.

Beginners to advanced exercisers
are welcome!

Register Online

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

Email wellnessprograms@jhu.edu

with questions



Sponsored by the Office of Benefits Services

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Wednesday 1/8/2020 *Mattin 101*

Wednesday 1/15/2020 *Mattin 101*

Wednesday 1/22/2020 *Mattin 101*

Wednesday 1/29/2020 *Mattin 101*

Wednesday 2/5/2020 *Mattin 101*

Wednesday 2/12/2020 *Mattin 101*

Wednesday 2/19/2020 *Mattin 101*

Wednesday 2/26/2020 *Mattin 101*

Wednesday 3/4/2020 *Mattin 101*

Wednesday 3/11/2020 *Mattin 101*

Wednesday 3/18/2020 *Mattin 101*