

Muscle Toning & Conditioning at White Marsh

For JHU Faculty and Staff

Toning Class:

Thursday
4:30pm – 5:15pm

Session Date:

January 9 –
March 19, 2020

Location:

Lunchroom
9910 Franklin Square Drive

Cost for Session:

\$15 for entire session

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

Notes:

Bring a yoga mat,
hand weights and wear
comfortable clothing



JOHNS HOPKINS
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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
with questions.



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