

# JUMP & PUMP

**INSTRUCTOR: KELLIE HARRIS-PORTER**

**TUESDAYS AT 5:30**  
**STARTING OCT. 4TH**

*Come join Kellie for this new  
fast paced workout.*

*You will be performing:*

- 1 minute intervals of jump rope*
- 3—4 minutes of strength training*
- The class will end with some core work and stretches.*

*Take your current workout  
routine to a new level with this  
new style of class!*

