



Custer Park Sports & Fitness Center

Strength and Cardio Fusion Group Fitness

Each class incorporates multiple fitness techniques including:

Piloxing uniquely blends the power, speed and agility of boxing with the targeted sculpting and flexibility of Pilates.

Strength 40/20 interval strength training class combining traditional strength exercises with functional training moves to make you more fit and stronger.

Tabata a comprehensive total body workout that focuses on lower body, upper body, and core providing both cardio and strength.

**Both men and women can achieve amazing results from these group fitness classes!
These classes will leave you physically and mentally empowered!**

Fit Pass Holder Rates

Unlimited Monthly: \$36.00
 Twice a Week Monthly: \$24.00
 Once a Week Monthly: \$12.00
 Per Class Daily: \$5.00

Non-Member Rates

Unlimited Monthly: \$48.00
 Twice a Week Monthly: \$32.00
 Once a Week Monthly: \$16.00
 Per Class Daily: \$7.00

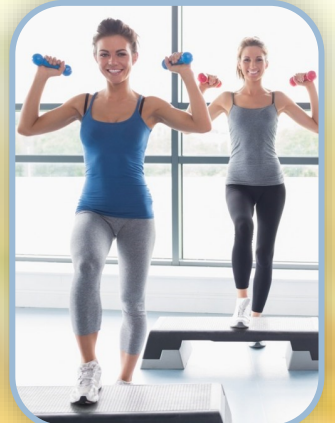


**Tuesdays and Thursdays at 6PM
Saturdays at 10AM**

Account cannot be expired at time of registration for discounted rates!

Register in person, by phone, or online
Custer Park Sports and Fitness Center
 545 Kenneth E. Marcus Way, Marietta, GA 30060
 770-794-5630

<https://secure.rec1.com/GA/city-of-marietta/catalog>



**Classes instructed by: Arlene Marshman, approved contract instructor by
City of Marietta Parks, Recreation & Facilities Department
Certified in Tabata, DIO, Piloxing, and MX4**