Mission Viejo

# Outdoor Cross Fusion

*With Melisa & Ashley J.*

## Monday / Wednesday
## 5:45 pm - 6:45 pm

**Classes start April 6!**

**A total-body conditioning class combining plyometric drills, strength, power and resistance. This class will strengthen abs and your core for an overall, full-body transformation. Get lean, gain speed and agility, improve endurance, core strength and balance!**

**Equipment-free, bodyweight workout!**
**Every exercise is entirely modifiable, allowing you to work at your own pace and your own intensity.**

**Did you know?**

All classes are FREE for members and included in entrance fees for guests!

Sierra Recreation Center
26887 Recodo Lane, Mission Viejo

949-859-4348
fitness@cityofmissionviejo.org