



STEP AEROBICS

What is STEP aerobics?

Step aerobics has all the benefits of a high-intensity cardio workout without putting stress on your joints.

It improves overall fitness by building strength, reducing fat, and boosting your cardiovascular health

In partnership with
Healthy O'odham Promotion Program

WHEN?
TUES
@ 5:15-
6:00

WHERE?

@ APEDAG KI:
MILEPOST 125.5,
AZ-86, SELLS, AZ
85634

CONTACT US

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