

NIRD AEROBICS



What : NIRD Aerobics

Cost : \$3/day \$10/week \$30/month

Three referrals earns you one free month of aerobics!!!!

SCHEDULE: Downtown New Iberia

Mon and Wed : 6:30-7:30

Tues and Thurs : 5:30-6:30

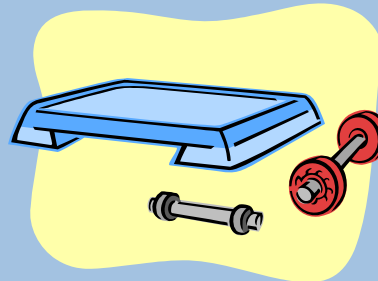
LOCATION: Sliman Theatre

Monday-Step and Cardio Aerobics

Tuesday-Step Cardio/Toning/Abs

Wednesday-Hard Core Cardio

Thursday-Cardio/Toning/Abs



Free Child Care (Ages 2 and up)



City of New Iberia

300 Parkview Dr.

New Iberia, LA

Phone: 337-369-2337

Fax: 369-2364

Instructor: Ashlie Gray

