



TOTAL BODY WORKOUT WITH RONALD WILLIAMS, GET RIGHT FITNESS INC.

Mondays, January 7 - June 24


(except holidays)

6 pm

LEFRAK CITY

98-30 57 Avenue, Corona

718.592.7677

 to Woodhaven Blvd. or 63 Drive
Walk 5 blocks to 57 Avenue.

Q38 Q72 Q88 QM10 QM11

Instructor Ronald Williams leads this exercise regimen to address muscle strength and endurance while keeping the heart rate up to burn calories and improve cardiovascular health.

ADMISSION IS FREE.

Participants should consult with their physicians before undertaking any exercise, nutrition, or health-improvement program.