

# Reggaeercise

Check out Nathan, *The Body Man's Reggaeercise Master Class*

At

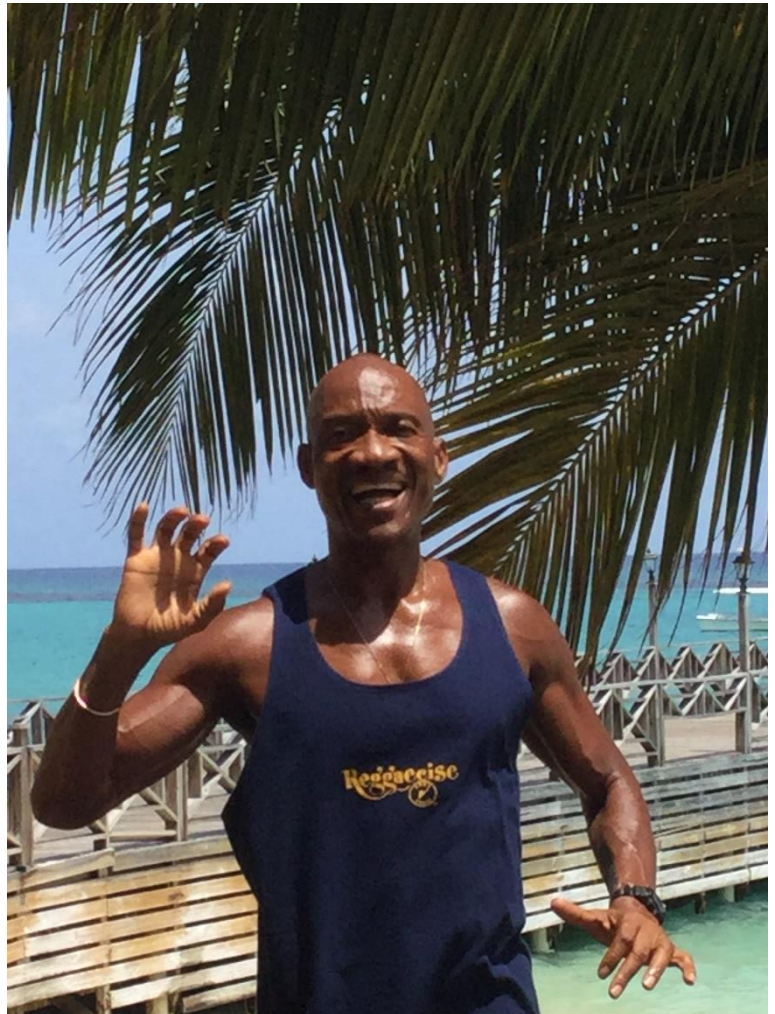
*New York Sports Clubs – 34<sup>th</sup> & Park Ave*

*On October 1, 2016 at 1:30 pm*

**Reggaeercise** is a high energy Caribbean rhythmic workout taught to a combination of reggae and soca music that takes you on a trip to paradise. You will feel as if you're in the Caribbean, be prepared to sweat and smile (S&S), followed by an Ab-session, relaxation, and visualization. A good way to burn those extra calories and have fun. If you like to dance, you'll love **Reggaeercise!**

This fun and exciting program is a fantastic way to get you on your feet and shape up! This workout will blow you away like the cool breezes of the island.

Nathan Palmer, the Bodyman, is a personal trainer and an aerobics instructor certified by American Fitness Association of America (AFAA). He's been a fitness instructor for over 36 years and a personal trainer for over 26 years.



***\$20 for members & non-members***