



COME ON AND “GET MOVING KC!”

Research Medical Center will be sponsoring a five-week session of **free** aerobics classes that will begin March 30, 2004 and end May 4, 2004.

CLASS: Hip Hop High-Low Aerobics

WHERE: Research Medical Center Gymnasium
(Building located just west of Hospital)

TIME: 5:30 p.m. to 6:30 p.m.

DAYS: Tuesdays and Thursdays

You may sign up for this class by contacting the Marketing/Public Relations Department at 816-276-9365.

Space is limited so be sure to sign up soon!

COME JOIN THE FUN!!!