

**AICH HEALTH DEPARTMENT
PRESENTS:**

Rez Robics Class

Exercise the Native Way!



**Every Thursday, starting on
July 1st from:
6:00pm-8:00pm**

Location : AICH Common Space

DRESS CODE: EXERCISE ATTIRE

**Rez Robics is a 90 minute aerobics video,
mixing pow-wow dancing and martial arts
with normal aerobics movements.**

**Rez Robics For Couch Potato Skins, is
the winner of the, "Best Public Service
Announcement Award" at The American
Indian Festival in San Francisco.**

**ONE GIFT CARD WILL BE RAF-
FLED AFTER EVERY WORKOUT!**

**Contact Person: Pam Albert,
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(212) 598-0100 ext.216**