



Cardio Kickboxing

Want to get in better shape? Want to feel better with a great workout?
Join us for Cardio Kickboxing today!

The program is an 10 week session with classes on
Wednesdays @ 7:00 - 8:00 PM.

Why YOU should try Cardio Kickboxing:

- Every class is different!
- Beginner Friendly
- Customized to individual needs
- High-energy and Fun
- Promote weight loss
- Increase self-confidence
- great for stress relief

Sign up today! Class size limited to 24 participants.



January 8th	Class 1
January 15th	Class 2
January 22nd	Class 3
January 29th	Class 4
February 5th	Class 5
February 12th	Class 6
February 19th	Class 7
February 26th	Class 8
March 5th	Class 9
March 12th	Class 10

Register online today!

**Next Session starts
March 19th**

\$100 per session.

Gloves are mandatory every class. Gloves may be purchased for \$25 (plus tax). Please see front desk for details.

(Once purchased, there are NO refunds for the program or gloves.)