



Kickboxing Fitness

***11:30am on
Monday and Wednesdays
Starting Aug 25th!**

****9:00am on
Saturday mornings
Starting Sept 7th!**



**Participants are
encouraged to bring their
own gloves, a water
bottle, and a towel.**

Fit in fitness with Kickboxing Fitness!
This is a new class designed to get your
heart pumping, your muscles burning, and
your body in great shape. This class is
ideal for busy individuals who want
an effective workout that doesn't take all day.

