

# Teen/Adult Kickboxing Summer Schedule

effective 5.1.19

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			5:00a			
		6:00a	6:00a	6:00a	6:00a *	
		9:15a		9:15a		9:00a
						10:15a *
	5:15p *	5:15p	5:15p *	5:15p		
	6:15p	6:15p *	6:15p	6:15p *	6:15p	
		7:15p		7:15p		

**KICKBOXING** combines Kickboxing and Martial Arts to help you reduce stress, improve flexibility, gain strength, slim down, and tone up. You will learn proper punching techniques to sculpt your back, arms, and shoulders while taking out some aggression on our heavy bags. Tone and strengthen your legs, hips and waist with traditional kicks of the martial arts. Build strength in your abs and back during the entire workout, along with an intense core-specific routine. Gloves required and available for purchase in the pro shop. Modifications are given for all fitness levels.

Class is 50 minutes.

**KICK-N-TONE (Classes with \* are "Kick-n-Tone")** combines the striking combination and cardio workout of our Kickboxing class and the strength and toning of Bootcamp, utilizing weights, resistance tubing, and/or stability balls, all to bring you to the next level. Gloves are required and available for purchase in the pro shop. Modifications are given for all fitness levels.

Class is 50 minutes.