



**We offer 5 amazing class types to choose from:**

## **KICKBOX 60**

Our signature KICKBOX 60, is a 60 min class, with a 15 min warm up, followed by (8) 3 min rounds with a 60 second active rest in between rounds. Last 15 min of core exercises with a medicine ball.

## **KICKBOX 30**

Our signature KICKBOX 30, is a 30 min class, with a 7 min warm up, followed by (4) 3 min rounds with a 60 second active rest in between rounds. Last 7 min of core exercises with a medicine ball.

## **Cardio KICKBOX**

Our award winning Cardio KICKBOX 60, is a 60 min class, with a 15 min warm up, followed by 35-40 min Cardio workout, followed by 10-15 min of whole body, strength and core exercises.

## **519 TRX Circuit**

Our 519 TRX Circuit is a 50 min class, with a 15 min warm up, followed by a (5) station TRX Circuit, that will increase your overall strength, flexibility, stability, and cardio.

## **Weights**

Our Weight class is a 30 min class, is combined with a cardio or kickbox class. Using different weighted dumbbells in a circuit to build your upper and lower body including your core.

**Note: first time participants are recommend to attend any KICKBOX 60, or KICKBOX 30 class**