



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CARDIO KICK N PUNCH

Health and Wellness
Kickboxing ****NEW****
Southeast Family Center



Classes Meet on Mondays Beginning 11/7/11
Time: 6:30pm-7:30pm
Cost: FREE

Kickboxing is one of the most popular martial arts today. Though similar to boxing but more flexible as feet as well as hands are used for striking, due to this additional feature it can be either practiced for general fitness, or as a full-contact combat sport. To add to this great martial arts, we blend it with Karate, Tae-Kwon-Do, Krav-Maga, Oriental kicking, Western boxing and self-defense techniques leading to great aerobic and anaerobic workout for all learners. This unique blend also develops speed, flexibility, strength and coordination in your day today life.

Attire- Gym clothing and tennis shoes

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