



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTH, WELL-BEING & FITNESS

Kickboxing

Wednesday Evenings 6:15p-7:15p

A class for beginners and advanced learners dealing with basic moves, combinations, power moves, mobility, strength and balance.

This high energy class will give you a good cardiovascular workout with some strength training for a balanced and fun workout.

Participants must be 7 years old or older and must be 12 years old or older to use weights.

Kickboxing is one of many free classes for YMCA members.

Fountain Valley YMCA

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