

CARDIO:KICKBOXING



District 4
Service Center

**Postponed until
further notice**

Waited,
Why Wait?
Start Now!

- increased fitness
- increased strength
- increased flexibility
- sharpened focus
- better footwork
- reduced stress & tension
- improved self confidence

Every
Wednesday
3:30PM - 6:30PM

*This will be a Cardio
focused class**

~~Starts 7/31/18~~

