



CARDIO KICKBOXING

EVERY THURSDAY

Class Starts: Jan. 5, 2023

District 3 Service Center | 5:30pm

- Increase strength
- Increase flexibility
- Sharpen awareness
- Better focus
- Reduce stress & tension
- Improve self confidence
- Learn practical defence

There will be a 15 minute grace period.
Out of the respect to the other participants
we ask that you join us for the next class.

For more information call (520) 562-2026.

