

with JEFF



# KICK STRIKE

Kick/Strike is a unique, fast-paced approach to martial arts. This class is heavy on toning, core strength and cardio while teaching you the basic hand and leg techniques of martial arts.

This class is designed for all fitness levels.

Classes will only be held on days with yellow shading.

Tuesdays

7:30pm-8:30pm

Thursdays

7:30pm-8:30pm

Saturdays

9:00am-10:00am

## DECEMBER 2017

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					1	2 No Class
3	4	5	6	7	8	9
10	11	12	13	14	15	16 No Class
17	18	19	20	21	22	23
24 31	25	26	27	28	29	30 No Class

**6 Visit Fitness Punch Passes Available!**

Members

Boarding Pass Plus: \$30.00

Boarding Pass: \$36.00

Non-Members

Non-Member Resident: \$42.00

Non-Member Non-Resident: \$48.00

**Drop-In: \$9**