



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.

JANUARY 2018

Tuesdays

7:30pm-8:30pm

Thursdays

7:30pm-8:30pm

Saturdays

9:00am-10:00am

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

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