



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

NOVEMBER 2017

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

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