

CARDIO KICKBOXING

Fitness • Strength • Flexibility

Our **Kickboxing** program is not just a cardio-kickboxing based workout, it also includes hitting pads, using resistance bands, medicine balls, kettlebells, ropes and circuit training all while using **H.I.I.T.**

High Intensity Interval Training is one of the best fat-burning, sweat inducing workouts around.

Unlike most cardio-kickboxing programs, we stress proper form and details. This is important to prevent the many injuries we see when an unqualified instructor teaches kickboxing techniques that they don't even know how to do themselves. Every class is taught by a **certified instructor** that has gone through extensive training in proper technique, fitness training, nutrition and motivation. These classes will help build your confidence and your body. **Kickboxing** is a great way for someone to lose 5 or 50 pounds. If you want a motivating, creative and solid workout that makes monotonous treadmills, weight lifting and "thug mentality" gyms a thing of the past, you'll find it here!

Schedule of Classes

Monday	Tuesday	Wednesday
6:00am (30m.)	6:00am (30m.)	7:00pm
5:15pm	7:00pm	
Thursday	Friday	Saturday
6:00am (30m.)	10:15am	8:00am (30m.)
6:30pm		

For more information, videos and the latest introductory specials visit us at: **Rev35Fitness.com**