

# KickFIT

Fitness • Strength • Flexibility

Our **KickFIT** 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 **F.I.T.**

**Fitness 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. **KickFIT** 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, weightlifting and "thug mentality" gyms a thing of the past, you'll find it here!

## Schedule of Classes

Mondays – 5:15p + over Zoom

Wednesdays - 5:15p + over Zoom

Thursdays – 5:00p (Zoom only)

ADD ON: Pad Training Class

Thursdays – 6:15p

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