

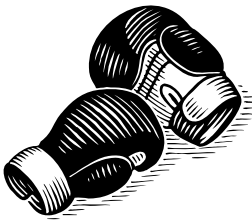


KICKBOXING

CHANGE YOUR WORKOUT AND YOUR BODY!

Kickboxing combines the punches, upper cuts, and hooks of boxing with various powerful kicks used in martial arts. Students are taught kicks, punches, blocks and other defensive techniques, shadow kickboxing, bag and pad training, as well as cardiovascular and muscular fitness exercises.

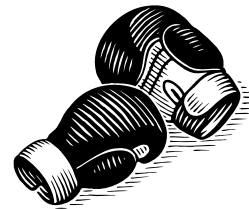
In this non-contact Kickboxing class, students are also taught to apply the techniques to practical self-defense situations. By training as a kick boxer, a student gains greater confidence, improved cardiovascular fitness, increased muscular endurance and greater flexibility. Kickboxing is a complete workout and an excellent form of exercise for effective weight loss when training on a regular basis.



10 SESSIONS - \$100

5 SESSIONS - \$60

1 SESSION - \$13



What are benefits of kickboxing?

- Increased upper and lower body strength (great cross-training for all sports)
- Increase in bone density
- Substantial increases in aerobic/anaerobic endurance
- Learn real basic self-defense techniques
- Improved balance and coordination
- Relief from stress
- Increased confidence and self-esteem

TUESDAY 8pm & THURSDAY 8pm

INFINITY FITNESS: 214 HOFF RD SUITE E, Westerville OH 43082

**TO SIGN UP NOW or questions CALL 614.891.4190
or send email to info@infinity-fit.com**

Visit our website at www.infinity-fit.com