



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

APRIL 2017

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

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