



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

8/11

CARDIO KICK-BOXING

What is it?

This 45-minute class is an exciting, high-energy workout using the fundamentals of boxing. It includes shadow boxing, kicks and blocks, jumping rope, coordination skills and upper body muscle toning. This class includes a warm-up, cardio kick-boxing section, and ends with a cool-down.

Who is it for?

This class is for all fitness levels. The instructor will show you variations of kicks and combinations so you can work at your own level.

What do I wear?

Wear athletic shoes and comfortable clothes that allow you to move freely –shorts, T-shirt, sweatpants, etc.

Where should I go on the first day of class?

Come to the front desk and tell them you are here for Cardio Kick-Boxing, and they will direct you to the Aerobic Studio or Gym (depends on YMCA location).

How do I register?

This is a free program for members only- ages 14+. See our current Group Fitness Schedule for days, times, and locations or call 436-9622.

Other information?

Contact:	Broadview Center	436-9541
	Downtown Center	436-9552
	West Side Center	436-9533
	East Side Center	436-1230

YMCA Mission Statement

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Membership For All helps to ensure that everyone belongs at the YMCA, regardless of income level. For information contact the YMCA at 436-9622.