

Cardio-Kick

Class Description:

Are you ready to REALLY sweat? Group kickboxing classes are a great way to get an intense total body workout while maintaining a high, calorie-burning heart rate for a long period of time. Kickboxing strengthens arms, core and legs, while providing a fast-paced cardio workout. Performing the exercise in a group helps you develop the form and style that will most effectively tone your muscles. Kickboxing keeps you moving at an intensity that you most likely would not be able to replicate while doing cardio exercise on your own, so take advantage of the group energy of the workout to get the most out of this form of exercise.

Class Information

Instructor: Carol Winter

Where: Senior Community Center

When: January 17 - March 2

(No classes February 21 & 23)

Day: Tuesday & Thursday

Time: 5:15 p.m. - 6:15 p.m.

Fee: \$35.00 members / \$40.00 guests



**Some classes in February will be on
Monday and Wednesday nights.
Please contact Emily for specific dates.**



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PERRYVILLE
MISSOURI

Plant your family here.

Contact:
Emily Steele
(573) 547-7275
emilysteele@cityofperryville.com