

WHAT IS CARDIO KICKBOXING?

An exciting, fast-paced workout that's perfect for building cardiovascular endurance and toning muscles. Cardio Kickboxing teaches you how to defend yourself as you get into great shape. If you're looking to put some excitement into your current exercise program while burning up to 800 calories an hour, then Cardio Kickboxing is for you.

DO I NEED EXPERIENCE?

No, but you should have a trained instructor. A consumers report found that martial arts techniques learned by tapes and done incorrectly can cause injuries to the joints. Our instructors are certified Instructors in Taekwondo- they aren't just aerobics instructors with little to no martial arts experience.

DO I NEED TO BE IN SHAPE?

Whether you're just beginning or already in great shape, you'll get a great workout for you.

WHAT IS A TYPICAL CLASS LIKE?

It is a high-energy, low-impact workout to music with core and strength training and hitting our heavy bags. You won't get bored because no two classes are alike... Wear your choice of workout clothing.

WHAT IS THE COST?

Unlike expensive Gym memberships where you pay your dues regardless of whether you attend or not, our Cardio Kickboxing classes have no monthly fees or contracts- we use punch-cards. You can attend when it's convenient to you. You can also attend the other fitness classes we offer with the same card.

Introductory Punch Card Offer: 6 Classes for \$42

GREAT CROSS TRAINING FOR TAEKWONDO STUDENTS

Cardio Kickboxing is a terrific complement to martial arts training. Increased strength and conditioning develops your skills as a martial artist. Whether you are preparing for your next belt test or just want to get in better shape, give it a try.

[Special Cardio Kickboxing Price for Martial Arts Students](#)

Martial Arts students who pay monthly tuition are entitled to unlimited punch cards at 6 Classes for \$36.

CLASS TIMES

Monday and Wednesday Morning: 6:00-7:00 AM

Tuesday and Thursday Evening: 7:15-8:10 PM

Saturday Morning: 8:00-9:00 AM

