

# Women's Kickboxing & Synergy Training

This course features a fitness profile,  
kickboxing routines ab training and more.

Taught by a certified instructor.

Ages 15+

Cost \$47

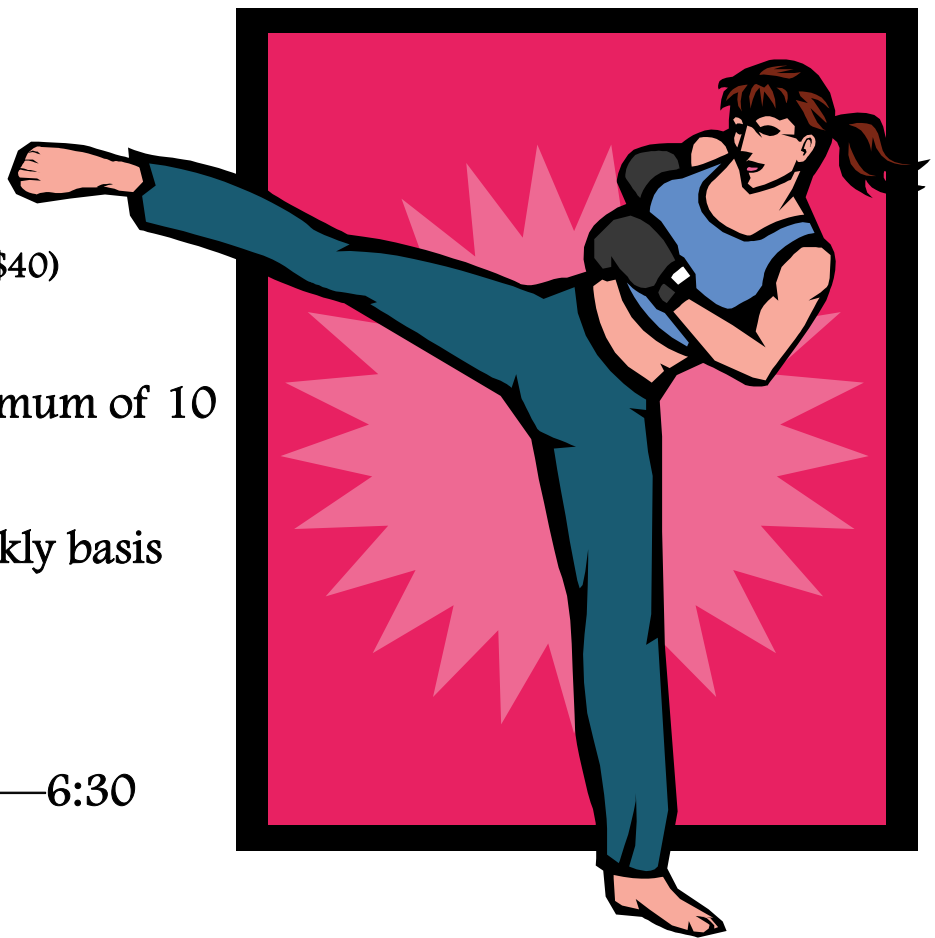
(Multi Session Discount of \$40)

Minimum of 5, Maximum of 10

Classes held on a weekly basis

Four Classes per session

Starting July 5th 5:30—6:30



Registration deadline of one week prior to class.

For more details contact the Parks & Recreation Office at 556-5854

