

BURN, BABY,

BURN!



Join Our Kickboxing Class Today!

Fitness Kickboxing burns more than 800 calories an hour. That's the key to fitness—Burn off those calories, before you burn out.

Move to today's hottest music as you shed pounds and give your body an excellent cardio workout. Learn proven self-defense techniques: fast jabs, powerful kicks and protective blocks.

There's nothing routine about Fitness Kickboxing—our instructors are always introducing new combinations, new movements and new music.

Call today and join our Fitness Kickboxing class!!!!

912-507-8656

