

WOMENS ELITE KICKBOXING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30-10:30 am		9:30-10:30am		9:30-10:30am	8:00-9:00 am
Kickbox CBK Woodbridge		Kickbox CBK Woodbridge		Kickbox CBK Woodbridge	Kickbox CBK Woodbridge
9:00 - 10:00 pm	9:00 - 10:00 pm		9:00 - 10:00 pm		
Kickbox CBK Woodbridge	Kickbox CBK Woodbridge		Kickbox CBK Woodbridge		

Class Description

Kickbox – Improve your strength and power with this intense class involving karate and kickboxing techniques performed aerobically and on the power bag for maximum training effect. A total body workout including cardio drills and awesome kick/punch combinations.

Our instructors are trained and certified with various credentials, including two with black belts from Canada's Best Karate. Our goal is to deliver a safe, fun and effective high-energy class. Guaranteed to energize and empower!

- ** Members should bring water and towel.
- ** All participants must sign in AND hand in personal attendance card.
- ** Bag gloves are mandatory for use on the power bag for personal safety and to maximize training effect. For hygiene reasons all members must have their own personal pair of bag gloves. Various styles of quality bag gloves are available in our Proshop.
- ** Class packages are non-refundable and non-transferable.
- ** Class cancellations due to statutory holidays or school closures will be announced in class. Classes may be cancelled in the event of inclement weather. Please call individual locations for further information. **CBK Woodbridge**
905.893.3342

Effective July, 2010