



Endurance, Speed & Agility

Cardio Kickboxing is a form of martial art inspired fitness programme, that is designed to elevate your heart rate while training your speed and agility. Challenge your muscle endurance by throwing choreographed kicks and punches into air, set to upbeat music rhythm! The calorie cardio routine ensures you a good overall body workout.

Cardio Kickboxing Class

Instructor: Berry

Time: Saturday, 2:00pm to 3:00pm

Fees: 10 sessions

Member **\$163.50** w/GST

Guest **\$185.30** w/GST

Venue: Aerobics Room