

Kardio Kickbox

82 Camp Street (203) 238-0427 & 991 S. Main St. Plantsville (860) 621-1474

16 Chamberlain Hwy. Kensington (860) 829-KICK (5425)

Call Master Rachel Valentin for more info @ (203) 537-3070

KARDIO KICKBOX is different from anything you have ever done. You'll not only be excited about the classes because they're **fun and motivating**; you will also **sculpt your body lean and strong, burn fat like never before**, and you'll even develop some **basic self-defense moves and enhance your coordination skills**. You will punch and kick yourself into fighters' condition.

You'll feel comfortable joining class even if you haven't worked out in a while. And, if you're in good condition and are looking for a new challenge -- you surely won't be disappointed!

The workout begins with warming up and learning new moves. Then you workout to the unique non-contact kicking and punching drills that are **KARDIO KICKBOX**. Each class ends with stretching and strength building exercises. You'll be surprised at how quickly your stamina improves and how your body changes. Our instructors are encouraging, helpful, and for real. Classes are affordable too. Pick up a schedule at your trial class and choose the days that best fit your schedule to workout. We look forward to training you and helping you achieve your fitness goals!

P.S. Wear comfortable workout clothes and shoes and be ready for a terrific class.

Call (203) 537-3070 to schedule your first trial class.

Activity:	Calories Burned in ONE hour
Kardio Kick Boxing	800
Basketball	680
Running (11 1/2 min. mile	665
Swimming (slow)	630
Aerobic	505
Cycling	490
Circuit weight training	420
Golfing	414
Walking	395

☐ Benefits of Kickboxing Burns fat. Increases cardio vascular endurance. Introduces basic self-defense. Reduces stress. Tones muscles.

Class Descriptions

Kardio Kickboxing Class begins with a warm-up that includes static and rhythmic limbering exercises followed by punching and kicking techniques (in the air, non-contact). Class wraps up with a muscle conditioning segment focusing on the upper body, lower body, and abdominal. Cool-down stretches are always incorporated. Equipment is not required.

Kardio Kickboxing with Bags/Pads Similar to Kardio Kickboxing, this class includes approximately 15 minutes of punching and kicking on punching bags or pads. The bags, called Wavemasters, are filled with water at the base. Class concludes with a muscle conditioning segment and cool-down stretches.

Kardio Kickbox Rates:

First Class FREE. Drop in Class \$10

First month for \$25

Regular Monthly rate is \$40 or a 10 Class Pack =\$60

Valentin Karate students & parents \$30

Class Schedule: See Monthly Calendar