

KICKBOXERCISE

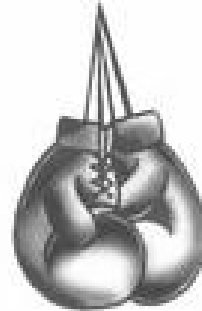
Autumn is right around the corner!!

Cardio kickboxing -- a combination of aerobics, boxing, and martial arts -- is one of the most popular fitness trends to hit gyms in recent years. These workouts, which are inspired by martial arts, have motivated many people to start a fitness program.

This intense, total-body workout can improve strength, aerobic fitness, flexibility, coordination, and balance.¹ The American Council on Exercise (ACE), which evaluates exercise products and programs, notes that, during a one-hour kickboxing workout, you can burn from 500 to 800 calories, which is up to twice the calories you burn during a one-hour step-aerobics class.

This program:

- Can burn 500-800 calories per hour.
- Develops balance and flexibility.
- Increases strength and muscle tone.
- Develops cardiovascular endurance.
- Is great for stress release.



NEW 10 WEEK SESSION-JOIN TODAY!

Session begins Tuesday, September 5, 2017

Class times are Tuesday and Thursday @6:15pm

3211 S Scenic Ave, Suite D, Springfield, MO

Ten week session only \$80.00 and no joining fee!!

For more information call 417.886.6305 or email

slykicker@sbcglobal.net or sherry.furstenberg@commercebank.com

www.karatespringfieldmo.com or visit us on Facebook