



Kickboxing at ProActive

Increase your fitness, strength and flexibility all in one fun class! Safely and effectively learn kickboxing moves in addition to getting your heart rate up with bodyweight cardio movements. May include other equipment such as: battling ropes, jump ropes, kettlebells, and more!

Choose from one of two sessions:

Dates: October 8 - November 14

Days: Monday with Rachelle
Wednesday with Michelle

Time: 5:30 - 6:30 am

Dates: October 9 - November 15

Days: Tuesday with Ann
Thursday with Karen

Time: 6:30 - 7:30 pm

Cost: \$40, includes gloves
\$30, without gloves

(\$10 if previously completed
kickboxing)



Limited to 8 participants
Sign up at Front Desk now!



MADONNA
PROACTIVE
Medical Fitness