



Starts  
January  
3<sup>rd</sup> 2012  
from  
9:30am to  
10:30am.  
Cost is \$3  
per class.

**TURBO KICK®. IT'S A COMBINATION OF INTENSE KICKBOXING MOVES, AS WELL AS, DANCE MOVES ALL PERFECTLY CHOREOGRAPHED TO HIGH ENERGY AND MOTIVATING MUSIC.**

**IT'S THE ULTIMATE CARDIOVASCULAR CHALLENGE THAT'S A UNIQUE BLEND OF INTENSE INTERVALS STRENGTH/ENDURANCE TRAINING, AND A RELAXING COOL-DOWN. TURBO KICK® REQUIRES NO PREVIOUS KICKBOXING EXPERIENCE OR EQUIPMENT.**

**Turbo  
KICK™**