

Ahn Taekwondo Institute

Cardio Kickboxing



Want to get in better shape? Want to feel better with a great workout?
Join us for Cardio Kickboxing today!

The program is an 8 week session with classes on
Wednesdays @ 7:00 - 8:00 PM.

Why YOU should try Cardio Kickboxing:

- Every class is different!
- Beginner Friendly
- Customized to individual needs
- High-energy and Fun
- Promote weight loss
- Increase self-confidence
- great for stress relief

Sign up today! Class size limited to 24 participants.



Register online today!

March 27th	Class 1
April 3rd	Class 2
April 10th	Class 3
April 17th	Class 4
April 24th	No Class
May 1st	Class 5
May 8th	Class 6
May 15th	Class 7
May 22nd	Class 8

**Next Session starts
August 28th**

\$80 per session.

Gloves are mandatory every class. Gloves may be purchased for \$25 (plus tax). Please see front desk for details.

(Once purchased, there are NO refunds for the program or gloves.)