

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!**

\$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.)*

<b>August 28th</b>	<b>Class 1</b>
<b>September 4th</b>	<b>Class 2</b>
<b>September 11th</b>	<b>Class 3</b>
<b>September 18th</b>	<b>Class 4</b>
<b>September 25th</b>	<b>Class 5</b>
<b>October 2nd</b>	<b>Class 6</b>
<b>October 9th</b>	<b>Class 7</b>
<b>October 16th</b>	<b>Class 8</b>

**Next Session starts  
October 30th**