

KickBoga

new

This is an 8 WEEK CLASS combining stretching, kickboxing and yoga. Each 50 minute session will elevate your heart rate while working your body as one core muscle.



Wednesdays April 14 through June 2

5:45-6:35pm

Fee: \$65

Registration Deadline: April 1



******* As a special incentive for the first class only. Included in your registration fee will be a mat and carrying harness at no extra charge*******

If you have any questions give us a call 592-2214



Online Registration @ www.springhillrec.org

