



New!

Wednesdays
9:30-10:30 am
February 5, 12, 19, 26

\$30/monthly session

Fitness Punch Cards & Drop-ins accepted

20 spaces available

AQUATIC KICKBOXING

A power-packed, cardiovascular class focusing on a variety of offensive and defensive kickboxing moves to boost muscular strength, endurance, and balance as well as aerobic capacity.

This class is **NOT** designed for prenatal participants, those suffering from arthritis or individuals who have had knee or hip replacements!



Woodland Aquatic Center
111 N. Baldwin
719-687-5233

WOODLAND PARK
CITY ABOVE THE CLOUDS

city-woodlandpark.org/wac