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!

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

$30/monthly session
Fitness Punch Cards & Drop-ins accepted
20 spaces available

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

city-woodlandpark.org/wac