

Kickbox Bootcamp with Gina

At Preston Elementary School

- Need to lose some extra pounds?
- Would you like to gain endurance, flexibility and strength while doing so?
- Want to get an extraordinary abdominal workout?

This class offers a calorie burning blast with the basic drills, punches, and kicks of cardio kickboxing along with a great abdominal workout to high energy music.
FOR ALL FITNESS LEVELS!



Location: Preston Elementary School

Days: Mondays and Wednesdays

Dates: March 15 - April 12

Times: 6 - 7 p.m.

Cost: \$49

Open to ages 16 & up

Kickbox Registration



107 South 4th Street
Denton, Maryland 21629
(410) 479-8120
(410) 479-4194 fax

www.carolinerecreation.org
recinfo@co.caroline.md.us

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