

CARDIO KICKBOXING

Based on research, Cardio Kickboxing is designed to challenge the heart & lungs while building lean muscle mass. A martial arts program along with punching bags, free weights, drills & mat work will be utilized through a **low-impact** program. Students will get the benefit of a cardiovascular program through the kicking and striking techniques of a martial arts class from a licensed cardio kickboxing instructor. *8 wk. session.*

**Additional equipment (ie. gloves) may be suggested.*



WHO: Anyone, H.S. and older **INSTRUCTOR:** Tina Isaacs
WHERE: Byron P.E. Center Aerobics Room **MIN/MAX:** 8/20

CODE	WHEN	DATES	TIME
220510-A2	T & TH	1/10-3/1/12	6:15 - 7:00 pm
320510-A2	T & TH	3/6 - 5/3/12	6:15 - 7:00 pm
<i>No Class on 3/20 & 3/22</i>			



FULL FEE: \$60 Res / \$66 Non
HALF FEE: \$38 Res / \$42 Non *(may attend any 8 classes)*
REGISTRATION DEADLINES: Monday 1/2 & 2/27

Jan - May 2012 **CARDIO KICKBOXING**

Name: _____ Birthdate: _____

Address: _____

City, State, Zip: _____ Phone: _____

Email Address: _____

Circle Session: 220510-A2 320510-A2 Amt. Paid: _____

RELEASE OF LIABILITY STATEMENT

In consideration of me (or my child/ward) being allowed to enroll in this course(s), I hereby personally assume all risks in connection with this activity and I release the instructors, supervisors, owners and the Byron Park District for any injury or damage and further I save and hold harmless the instructors, supervisors, owners and the Byron Park District from any claim by me, my family, estate, heirs, or assigns, arising out of my enrollment and participation.

I have read and fully understand the above program details and waiver release of all claims.

Signature of Participant or Parent/Guardian _____ Date _____

CARDIO KICKBOXING

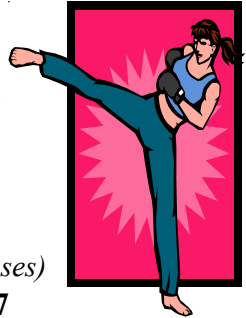
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