



“Muay Thai”



KICKBOXING

SEPTEMBER 14 – NOVEMBER 5

The Martial Art of Thailand, “Muay Thai” Kickboxing is nothing like you have ever seen before! Unlike your typical cardio kickboxing class, this specialized fighting art is a great full body, cardio work-out. Muay Thai encompasses techniques including basic boxing moves, Thai kicks and knee and elbow strikes. This class brings a level of intensity unlike any other!

Day: Tuesday & Friday

Time: 7:45-8:45am



Fee: Members ~ \$145 or \$13/class

KICKBOXING

FALL'10

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Name: _____ **Phone:** _____

Address: _____

Member: Y N **Amount Pd:** _____ **Check#:** _____

I hereby certify that I, the undersigned, am aware of the strenuous nature of this activity and its inherent dangers and have consulted with my physician before beginning this class: _____