



“Muay Thai”



CARDIO-KICKBOXING

The Martial Art of Thailand, “Muay Thai” Kickboxing is nothing like you have ever seen before! Unlike your typical 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: Wednesday 7:45 – 8:45a.m.

Fees: Bring your Class Card or \$13/class

Class will begin on January 4th

The Italian Center is changing the way you can pay for adult classes! There will be two choices to pay for classes now. You may either pay the per class/drop-in fee of \$13 OR purchase one of our **NEW CLASS CARDS!** Class Cards will be in 10 (\$100) or 20 (\$180) classes. The class card can be used for ALL adult classes. Class Cards can be purchased in the athletic or the front offices. If you have any questions please speak with the Athletic Director or one of our instructors.