

Great Fun

Summer '11 Cardio-kickboxing

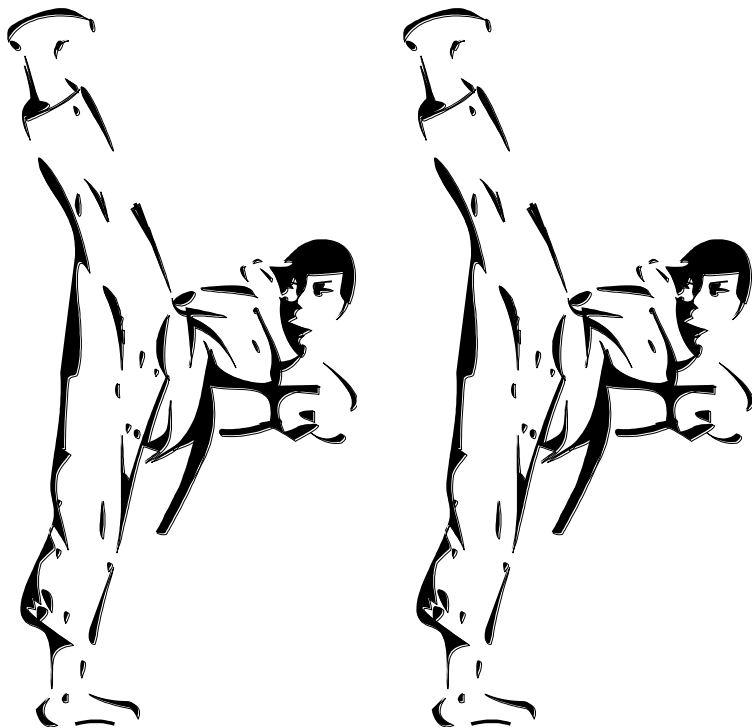
Stress reducer

Great Exercise!

In affiliation with Allegan Recreation

What is Cardio KickboxingA workout that combines cardiovascular, aerobics, and body toning tactics. Improve endurance, strength, and muscle tone. Cardio kickboxing can reduce stress levels and body fat, not to mention the number of calories you could burn in just one session!

<p>Who can join??? Everyone & Anyone! Ready and willing to have Fun and get healthy!</p>	<p>Cost? \$5 drop-in fee or \$30 a month</p>	<p>Days & Times? Allegan High School Tuesdays @ HS Balcony Thursdays @ HS Balcony 7:10—7:50 pm</p>
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**May 3rd thru
September 1st**

Call Rafael
Today!
673-5429
www.axkick.com