



J.P. WOOD MARTIAL ARTS AMERICA

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Kickin' Workout Classes - **Come Sweat the Excitement With Us!**

Come sweat with us in these hard working, fun & motivating classes offered on:

- ✓ Monday at 8:00 pm
- ✓ Wednesday at 8:00 pm
- ✓ Saturday mornings at 8:30 am



Who can join? Males and females,
Bring a friend for twice the fun!
Classes consist of:

teens & adults.

- Cardio workout kicking and punching to heavy bags, pads & paddles
- Core exercises, ab workouts, push-ups, plyometric, and lots more!
- Upper & lower body strength building with resistance bands, medicine balls, hand weights, and more!
- Burn up to 700 calories per class
- Nutrition information and counseling
- Classes are ongoing and taught year round.
- Enroll for one, two or three times a week classes



HURRY AND CALL TO START CLASSES!