

Cardio Kickboxing Program

Adults and Teens



Women, men and teens all participate in a powerful cardio workout in a fun and relaxed environment.

Benefits

- Participate in an effective cardio workout
- Increase flexibility and coordination
- Relieve Stress
- Stay fit and healthy through regular exercise
- Lose weight
- Learn self defense
- Increase stamina



Taught by certified kickboxing instructors.

Classes meet twice a week
on Tuesdays @ 8:30pm and Fridays @ 7:30 pm
Hurry – Classes fill up quickly!

New sessions begin every six weeks.

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