

Kick it up Ladies!

Transform your body with Fitness Kickboxing Classes with Greg at Abu Dhabi City Golf Club. Starting on April 12th 2011

Fitness Kickboxing classes are designed for fitness and fun while teaching authentic kickboxing technique and combinations. Skills and drills are executed from western boxing, karate, tae kwon do, and muay thai kickboxing.

Benefits include:

- Burning fat
- Increased cardiovascular health
- full body muscle toning
- improved coordination
- reduce stress
- Sharpened reflexes
- Improved mental focus
- Increased flexibility
- increased self confidence
- Improved mental focus
- Increased flexibility



Required for Classes:

- Wear cross-trainers or shoes with light tread for foot rotation
- loose fitting clothing, track pants, shorts, T-shirt or tank top
- Plenty of Water
- 12 or 14 oz boxing gloves and hand wraps
- Towel

Who: Ladies only

When: every Tuesday, 7:00-8:00PM

Where:

Abu Dhabi City Golf Club

Duration: 1hr per week for four weeks

Cost: AED 225.00

See the Abu Dhabi City Golf Club Reception today and sign up - or call Greg for more details at 050 318 67 05 email: gkfit@hotmail.com