



Instructor:
Stephanie Flores
Black Belt in Kickboxing
3 Year Welsh Champion

Only
\$79

8 Training
Sessions Per
Month

Sign up early,
only 10 spots
available.



Orientation / Instruction
Saturday June 23, 2018
10:30 am - 11:30 am Aerobic Room A

Starting July 3. 2018

Tuesdays & Thursdays

5:45 - 6:30 am

Aerobic Room B

MMA GLOVES ARE REQUIRED. ITEMS AVAILABLE IN OUR PRO SHOP.

H.I.I.T. BOX

(High Intensity Interval Training)

The *Lifestyle*
Center

A division of Kaweah Delta Health Care District
www.TheLifestyleCenter.org

Register for this specialty training in the Customer Service Department 624-3408.