

Kickbox-N-Core



This is a high-energy class that uses boxing moves to condition the heart and tone muscles. Increase stamina, flexibility, coordination, and energy while incorporating martial arts and a cardiovascular workout for all fitness levels!

Biscayne Bay Campus Fitness Center
Tuesdays: 2:00-3:00 PM
Instructor: Ken VanDerBeck
Call 305-919-5678 for more info!

