

Cardio Kickboxing

Join Luis Hoose for Cardio kickboxing. A fitness class that combines martial arts with fast-paced cardio. This tabata class is for **all levels** of fitness. Helping improve stamina, coordination, flexibility and burn calories to build lean muscle.

Fridays 5:30 pm—6:30 pm

November 17th—December 29th

6 Week class

No class November 24th

Members \$40

Non members \$50



Community Recreation Association, Inc.
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