

KICKBOXING

Sept. 11 - Nov 8
Tuesdays & Thursdays
6:00 - 7:00 p.m.
Located in the Mat Studio

Student - \$50
Members- \$55
Non-Members - \$65



Mix up your routine with flexibility and strength building moves. While based on various forms of martial arts, this class will teach you the basics of kicking and punching. You will learn proper form and techniques, building combinations using sequences of punches, kicks, knees, and elbows to help you develop the foundations of kickboxing. Come experience a full body workout that challenges all major muscle groups while improving aerobic capacity, decreasing stress, improving focus and boosting endurance.

To sign up or find more information, please visit rec.siu.edu.