

Cardio Kick 101

Tuesdays 6pm-7pm
Beginning September 6

La Sierra Community Center
5325 Engle Road
Sierra Rooms 1-2
Carmichael, CA 95608

\$28/month or \$8 drop-in



Instructor:
Catherine Graham
ACSM Certified Personal Trainer
AFAA Certified Group Fitness Instructor

Cardio Kick 101 is a high intensity full body workout that is suitable for all levels of fitness. Get in the best shape of your life with this progressive style class introducing you to the basic movements and proper techniques of cardio kickboxing. You will increase your stamina, flexibility, and strength while listening to your favorite dance mixes!

Carmichael



To register, call Carmichael Recreation & Park District at 483-7826
or visit us online at www.carmichaelpark.com