

Kick Combo

With
Christi Phillips



Certified Instructor

Going on now Saturdays 9:00-10:00am
(Beginning 5/21) Wednesdays 6:00-7:00pm

The Olmsted Community Center
8170 Mapleway Dr.
440-427-1599

*A combination of cardio kickboxing and muscle conditioning
using a ball, weights and resistance bands.*

*We will provide the bands and balls.
Please bring 3-5lbs weights and a mat.*

Intro Special!
Wed & Sat- 5/28-7/19
8 week session \$60

Please register online for this session at
www.olmstedcc.com

We also except walk-ins for this class \$5 each