

PRIVATE KICKBOXING



Be a knockout! Kick your workout up a notch with an invigorating private introduction to kickboxing. Jab, cross, and hook your way to a better body while learning self defense. Work with a personal trainer to learn basic moves, master proper techniques, and get the most from your training. A combination of martial arts, boxing, and core training, kickboxing is a great way to get your heart rate pumping, build strength, and work up a serious sweat.

- Meet your boxing coach at the gym to begin your training
- Start with a warm-up session to prepare your body for more vigorous activity
- Pick up the pace with a challenging workout that teaches self defense
- Wind it down at the end of class with a series of cool-down stretches
- Leave with a new appreciation for this fun and challenging fitness program

Your Gift Locations*

Miami, FL

Availability

Year round, 6 days a week

Duration

45 minutes

Essential Information

Minimum age is 16 years old; participants must sign a waiver (by parent/guardian if under 18)

Numbers

Private experience for 1



*GIFTS ARE REGIONALLY BASED. PLEASE VISIT WWW.EXCITATIONS.COM/REDEEM FOR THE LATEST LOCATION LISTINGS • ED01-09-1615-A