

## 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 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 teach you 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\*

Denver, CO

### Availability

Year round, Monday through Saturday

### Duration

1.5 hours

### Essential Information

Minimum age is 13 years old; parent or guardian must be present for participants under age 18; health questionnaire must be completed by all participants

### Numbers

Private experience for 1



\*GIFTS ARE REGIONALLY BASED. PLEASE VISIT [WWW.EXCITATIONS.COM/REDEEM](http://WWW.EXCITATIONS.COM/REDEEM) FOR THE LATEST LOCATION LISTINGS • ED01-10-2631-A