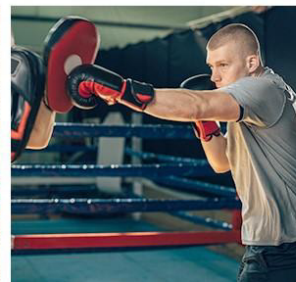
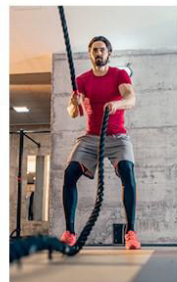
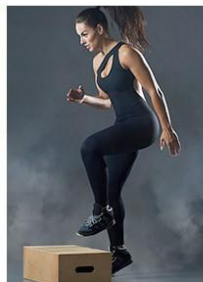




# ACTIVE HIIT

## Kickboxing Circuit



### **A one hour circuit workout, centered around kickboxing!**

Class begins with an energetic flowing, 10 minute warm-up, raising heart rate, and focusing on agility and flexibility. We move into a basic introduction to kickboxing punches and kicks to familiarize the group. Numbered pre-set stations circle the room, everyone begins at any point, working diligently on 3 min stations, always changing and keeping it challenging. Everyone gets a chance to work against the instructors mitts and kick pads. Learning powerful and useful self defense movements through Muay Thai methods that increase speed, mental focus, strength, and skill. The last 15 mins, class slows down for core and ply-yoga flow, working on toning, strength, and breathing, as we begin to lower and normalize the heart rate.

**CLASS SCHEDULE: Saturdays 7:30 am — Class can burn between 500-800 calories**