

# Turbo Kick

Burning calories and getting into shape has never been more fun than with Turbo Kick®! Since its creation in 1997 Turbo Kick® has helped countless people get into shape by combining simple dance moves with kickboxing along with today's hottest music. Anyone can participate in the class as every movement can be tailored to the individual's physical needs or desires.

The average turbo class burns well over 700 calories per hour, and you do it all while having FUN! The class is an ultimate cardiovascular challenge complete with a sport specific warm-up, bouts of intense intervals, easy to follow combinations, kickboxing specific strength/endurance training and a cool-down. Bring nothing but willingness to burn calories and your desire for FUN! All participants must wear sneakers.

**Instructor:** Maya Guy, Certified Turbo Kick® Instructor

**Email Address:** [onaturbokick@comcast.net](mailto:onaturbokick@comcast.net)

**Day & Time:** Mondays @ 7:30pm & Thursdays @ (pm time)  
Starting July 12<sup>th</sup> Starting July 1<sup>st</sup>

**Drop In Fee:** \$5 per person

