



Cardiovascular Kickboxing

Monday from 4:45 pm – 5:30 pm

March 11, 2013 – April 29, 2013

Lake County Administration Building Assembly Room

One popular form of kickboxing is known as **aerobic** or **cardiovascular** (cardio) **kickboxing**, which combines elements of boxing, martial arts, and aerobics to provide overall physical conditioning and toning. It's a cardiovascular workout that's done because of its many benefits to the body.

Kickboxing is a rigorous workout and can reduce and relieve stress. Kickboxing moves can also help to improve balance, flexibility, coordination, and endurance. Kickboxing is a great way to get a total body workout. Besides keeping your body fit, kickboxing has other benefits. You can burn anywhere from 350 to 450 calories an hour with kickboxing!

Cardio kickboxing classes usually start with a warm-up, which may include stretching and traditional exercises such as jumping jacks, followed by a kickboxing session that includes movements such as knee strikes, kicks, and punches.

After this, at least 5 minutes will be devoted to cooling down, stretching and muscle conditioning. Stretching is really important because proper stretching helps relax muscles and prevent injury.

Email or call Jackie Via, Wellness Coordinator at ext. 2748 by Friday, March 1, 2013 to sign up.

The cost will be \$20 based on 10 people.

Get out there and jab, punch, and kick your way to fitness!