


Family Kickboxing 2012 Winter Schedule – Effective Jan 2nd

	Monday	Tuesday	Wednesday	Thursday	Friday (easy)	Saturday
6 am	<u>Early Bird Boot Camp</u> Starts Jan 16th	<u>Mission Fat to Fit</u> To join this “No B.S.”, “All or nothing”, “the last straw”, “can’t take it anymore” weight loss program, see Al	<u>Early Bird Boot Camp</u> Starts Jan 16th	<u>Mission Fat to Fit</u> To join this “No B.S.”, “All or nothing”, “the last straw”, “can’t take it anymore” weight loss program, see Al	<u>Early Bird Boot Camp</u> Starts Jan 16th	
7 am	<u>Private lessons</u> All day. Apt Only.	<u>Private lessons</u> All day. Apt Only.	<u>Private lessons</u> All day. Apt Only.	<u>Private lessons</u> All day. Apt Only.	<u>Private lessons</u> All day. Apt Only.	<i>11AM</i> <u>Joel’s Class</u> HIGH Intensity All levels
5 pm	<u>Family Class</u> 5:00 -5:45 Ages 8 and Up	<u>Cardio Blast</u> 5:15-6 All Levels	<u>Family Class</u> 5:00 -5:45 Ages 8 and Up	<u>Cardio Blast</u> 5:15-6 All Levels	<u>Family Class</u> 5:00 -5:45 Ages 8 and Up	
6 pm	<u>Beginners</u> and “2 Free Weekers” “Belts” <u>need permission</u> to attend.	<u>Megan’s Class</u> All Levels	<u>Beginners</u> and “2 Free Weekers” “Belts” <u>need permission</u> to attend.	<u>AB Blast</u> 30min Ab Work! 6-30	<u>Beginners</u> and “2 Free Weekers” “Belts” <u>need permission</u> to attend.	 For Birthday Parties see Al
				<u>Partner Drills</u> All Belts *Must Have Gear*		
7 pm	<u>Intermediate</u> Yellow Belts and up (Cardio “big time”)	<u>Fighters Class</u> *Must Have Gear*	<u>Intermediate</u> Yellow Belts and up (Power 60%) (Cardio 25%) (Stretching 15%)	<u>Interval Training</u> All Levels	<u>Intermediate</u> Yellow Belts and up	
8 pm	<u>“Resistance Training”</u> (Weight Lifting class) These classes are full. See *** below.		<u>“Resistance Training”</u> (Weight Lifting class) These classes are full. See *** below.		<u>Beat Up The Coaches Sparring</u> Beginners welcomed.	

A few things to remember...

- You are 100% responsible.
- Every class is slightly different.
- No 2 consecutive classes except Thurs Ab Blast, Partner Drills and Friday sparring. **If you plan on sparring Friday you need to attend the 7:00 class.**
- Except for “2 free weekers” and “first timers”, you must have gear for sparring and partner drills.
- **After 2 free weeks, must have gloves purchased from Family Kickboxing (Range from \$30 and up. Only certain gloves are legal and permitted heavy bag gloves by our organization)**
- Uniform mandatory after 3 months and/or to participate in yellow belt grading. **After receiving belt, uniform and belt must always be worn to attend class. No uniform no class. No belt, no more belts!**
- *****Resistance Training***:** These are weight lifting classes. The emphasis is on strengthening (toning) all major muscle groups. We make extensive use of dumbbells to help strengthen all the stabilizer muscles. Students can be beginners but must be "self motivated". **Unfortunately these classes are full. Those interested must add their names to the waiting list.**
- **Day time private lessons must be booked ahead.**
- **Tuesday's and Thursdays tend to be smaller classes, should you find classes packed.**

Tips to Help You Reach Your Health & Fitness Goals Quicker!

- ✓ Set your goals on paper
- ✓ Stretch everyday
- ✓ Less “junk” food
- ✓ Fruits and Veggies
- ✓ Plenty of water
- ✓ 2-3 cardio classes a week
- ✓ One-on-one lessons

Specialty Programs:

- ✓ Bridal Boot Camp
- ✓ Private Lessons
- ✓ TRX Suspension Training
- ✓ Resistance Band Training
- ✓ Stretching Class
- ✓ Fighter Training
- ✓ Open Training
- ✓ Day Classes
- ✓ Fitness Assessment
- ✓ Fast Track Belt Training
- ✓ Corporate Training
- ✓ Field Trips
- ✓ And much much more!

Reach your goals that much faster though Private Lessons!

Ask about our Bridal Boot Camp, Corporate activities, and Specialty Classes (Team Building, Schools Activities, Girl Guides, Boy Scouts, Birthday Parties...)

- **How to lose weight efficiently and then control it! (keep it)**
 - - Quickly get in the best shape of your life.
 - - Dramatically improving your health and energy levels.
 - - Increase your self confidence in ways you hadn't thought of.
 - - Strengthen your body, mind and emotions.
 - - Improve your posture, your ability to think, your patience and your self-discipline
 - - Lower your blood pressure, your cholesterol while re-energizing your immune system.