

KICKBOXING TECHNIQUE CLASS



Wednesday,
November 9th
in the RFC gym

6:00-7:00pm [Form & Technique]
7:00-7:30pm [30-minute Kickboxing class]
with Suzie, Ingrid & Shadow

This FREE class is designed to help you feel comfortable stepping into our Kickboxing class by practicing and learning safe and proper technique ahead of time! We'll break down all of the moves used in an RFC Kickboxing class including fighting stances, power punches, kicks, elbows, blocks & more, focusing on proper form so you can get the most out of your workout!

We'll go over all of the benefits of a kickboxing workout including cardio, stress relief, core strength, muscle memory, power & more! Come join us, learn & ask questions so you can enjoy making this FUN & awesome workout a part of your weekly routine!

