



ZUMBA[®]
fitness

Mon & Wed - 7:30 p.m.
Sat - 9:30 a.m.

Tues & Thurs - 6:30 p.m.



"First class is FREE"

- **12 Classes - \$90.00**
(**\$7.50 per class**)
- **20 Classes - \$130.00**
(**\$6.50 per class**)

Use your punch card for either class

Punch card system - valid for 6 months

Kick boxing is an hour of high tempo punches, fat blasting kicks and muscle toning jabs. It is an exciting combination of martial arts and cardio aerobics, set to the beat of high energy, fast paced music. Our certified instructors will keep you motivated. Every skill level welcome, we will teach you...

Zumba is a dance-based fitness class that uses a fusion of Latin and International rhythms with easy-to-follow moves. It includes both cardio and resistance training components designed to tone and sculpt the entire body. Zumba is designed for adults of all ages and fitness levels, class participants at any level can start Zumba right away.

Kil's Tae Kwon Do
6936 w. Grand River
Brighton Mi 48114
810-227-1991

We have Gift Certificates

