

Cardio Boxing

This Cardiovascular workout is guaranteed to increase your metabolism, burn fat, increase your energy and build your endurance! The class incorporates techniques from kickboxing, taekwondo, and karate. Classes are every Wednesday at 0900 and Friday at 1015. Please come in 15 minutes early to set up your workout equipment.

\$2 per class.



Garcia Physical Fitness Center

Building 1856

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