



# KICKBOXING CLUB

Meetings:  
June 20  
July 3  
July 11  
July 18  
July 25  
Aug 1  
Aug 8  
Aug 15  
Aug 22  
@2:30 PM

Build confidence and emotional resilience this summer at Kickboxing Club!

Kickboxing provides a physical outlet to help relieve stress while promoting well-being. Each week, participants will learn basic moves like the jab, cross punch, roundhouse kick & more from

**Make it Rain Fitness instructors!**

Classes are no-contact, all training is with a punching bag.

**Free | Open to all youth ages 13-18 years old**

**FREE GLOVES**  
AFTER COMPLETING  
5 CLASSES