

# TURBO KICK

**It's time to Kick, Punch and Jab  
your way to a more fitter you!**



## Turbo Kick Classes provided by Rock City Dance

This class includes a combination of intense kickboxing moves as well as dance moves all perfectly choreographed to high energy and motivating music. It's the ultimate cardiovascular challenge that's a unique blend of intense intervals strength/endurance training and a relaxing cool-down. No prior experience needed!

**Starting:** September 13, 2010

**When:** Monday's

**Where:** Brook Park Rec Center (Community Room)

**Time** 7:00 pm to 7:45 pm

**Ages:** 13yr to Adult

**Session:** Each Monday (ongoing)

**Cost:** \$20.00 per 4 week session

**Register:** Contact Rock City Dance at **(440) 243-4999**

**[www.RockCityDance.com](http://www.RockCityDance.com)**

Rock City Dance Studio is located in Middleburg Hts on the corner of Webster & Pearl.