



**5
weeks**

cost
\$90 member
\$112 non-member

MIX boxing

remix your fitness program + super blast calories!

**August 17th -
September 14th**

5 weeks x 1wk
1.5 hour sessions, limit 12

**Tuesdays @
6:30pm**

in Martial Arts

\$20 reg. \$30

**Everlast Boxing Gloves
w/purchase of series!**

[shown, available in black]

about program

Mix it up with a fresh indoor workout! This class series combines high intensity cardio and toning kickboxing moves. Finally, a great way to get lean and relieve stress! Each class will end with core strength moves and stretching to promote lean muscle rebuild. All levels are welcome, intensity is adjusted according to your own level.

about Minna

Minna is a certified trainer that really knows how to mix it up. By consistently changing up exercises and routines for her clients she has got them so mixed up they've actually found themselves in smaller clothes! Try her new series and you too might get mixed up into a smaller size.

questions? email minna@castlehillfitness.com

