



**5
weeks**

MIX boxing

remix your fitness program + super blast calories!

JAN 10th - FEB 7th
FEB 14th - MAR 20th

*Skips March 13th

cost

\$90 member

\$112 non-member

5 weeks x 1wk

1.5 hour sessions, limit 12

**Tuesdays @
6:30pm**

in Martial Arts

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.

meet Minna

questions? email minna@castlehillfitness.com

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.



Cancellation Policy: If you are signed up for an event and find you cannot make it, please alert us as soon as possible. We will give a full refund for cancellations 7 or more days in advance. No refunds will be given 48 hours before an event or for no shows. Castle Hill Fitness reserves the right to cancel programs at anytime to which we offer full refunds.