

# **NEW Step & Strike Class!**

**SATURDAY MORNING CLASS**

**BEGINNING ON 7/7/2018**

**INSTRUCTOR: KAMISHA**

**TIME: 8:00 A.M.**

**MEMBER FEE: \$2.00 GUEST FEE: \$7.00**

**LIMITED ON WORKOUT TIME? THIS 45 MINUTE  
CROSS TRAINING WORKOUT COMBINES KNOCKOUT  
STEP CHOREOGRAPHY WITH CARDIO KICK BOXING  
STRIKES AND KICKS! 2 QUICK WORKOUT FORMATS  
IN 1 AND YOU'RE DONE!**

