

Adult Kardio Kickboxing

Are you ready for the SUMMER??
Come kick it with Bonnie to get ready!!

Bonnie has been teaching karate since 2007 and has been training in Tang Soo Martial arts for over 17 years. She teaches karate and kickboxing at James Morris School and at Charland Institue Karate & Fitness in Watertown.

Where: GCS Gym

When: Thursdays March 5th-May 7th
(no class March 12 or April 16th)

Time: 4:15pm-5:00pm

Who: For anyone ***12 years old and up*** to kick it!!

Price: \$60/8 weeks or \$5/time

What to Bring: Wear comfortable work-out clothing, sneakers and water. If you are under 18, you need to bring an adult to sign the waiver.

Please contact Colleen at the Goshen Rec. Dept. with questions at 860-491-2249 or by email at cfinn@goshenct.gov.