

# Aerobic Kickboxing Class

Ladies 16 and older are welcome to attend this fun, fast-paced class that will include stretching, kickboxing, punching, use of hand weights, & high/low impact aerobics while learning simple self-defense techniques.

**Morning Class:**  
Mondays, Wednesdays  
& Fridays

**Starts Monday,**  
February 4

**Time: 8:30 -**  
9:30 a.m.

**Fee: \$40 per month**

**Kick  
Like  
a  
Girl**

**Evening Class:**  
Tuesdays &  
Thursdays

**Starts Tuesday,**  
March 5

**Time: 7:30 -**  
8:30 p.m.

**Fee: \$30 per month**

Classes are subject to cancellation if minimum registration numbers are not met by the end of the first week of classes each month.

**WEST SIDE**  
RECREATION & PARK DISTRICT



**Kickboxing Instructor**  
Amy Steers

**Location**  
Assembly Room

500 Cascade Place, Taft  
763-4246 765-6677