



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KICK IT INTO HIGH GEAR

Kickin' Combo SCHUYLKILL YMCA

No bags and no gloves, kickboxing and resistance training comes together for a 'KNOCKOUT' workout. This class is box high intensity and a learning experience. Take the time to learn how to kick box, resistance train, and push your body!

- Register at the front desk or by phone
- FREE for members ; \$5 for non-members

WHEN: Monday
TIME: 5:15-6:15 PM
LOCATION: SCHUYLKILL YMCA
520 N. Centre St.
Pottsville, PA 17901
570 622 7850

