



CARDIO - KICKBOXING

Energizing, Explosive, Powerful, Uplifting

Cardio-Kickboxing combines the music, excitement and energy with important self-defense techniques like kicking, punching, jabbing and blocking.

Muscle and Fitness magazine rates Cardio-Kickboxing as a great fat burner with over 800 calories burned in a one hour class!

Nothing else comes close. New York Karate & Kickboxing is totally different from any other workout you have ever experienced!

There is no complicated choreography to make you feel out of step. It is a workout you will look forward to each day.

Though you are in class for yourself...you are not by yourself. Our instructors will provide you with the most effective, safe and personal instruction available.

To make sure our students never get bored with our Cardio-Kickboxing, we make sure our classes are never the same old routine. Our classes utilize all the latest equipment to keep class exciting and motivating and help you develop your skills faster. All set to today's hottest music. You will be amazed at the results from your very first class!

**Fat Loss, Toning, Stress Relief, Flexibility,
Self Confidence, Variety.**

NEW YORK KARATE & KICKBOXING

Is the BEST body shaping fitness program available!

(845) 634-4640