

KICKFIT SCHEDULE starting September 5th 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9:30 am small group (sign up required)		9:30 am small group (Sign up required)	9:30 am small group (sign up required)	9:30 am KickFit boot camp	
			6pm members class			
	7pm KickFit boot camp		7pm KickFit boot camp			

☆ PLEASE NOTE...

IF YOU ARE A PA FITNESS WEST MEMBER.. CLASS THURSDAY AT 6PM IS INCLUDED WITH YOUR MEMBERSHIP. It's a basic kickboxing class that includes cardio kickboxing, and bag work.

Kick Fit is a more challenging class that incorporates different full body workouts in a boot camp style. This class is 10 dollars or punch cards can be purchased at a discount. Please be aware changes can be made in the schedule. Keep updated on Facebooks KickFit boot camp page, or call ahead to PA fitness west.

