

Fusion

KICK FIT

**Are you bored with your aerobics class?
Are looking for a high intensity workout that will increase
your strength and flexibility while burning fat?**

Then **Fusion Kick Fit** is for you. Fusion Kick Fit is a high calories burning (**Over 600 Calories per class**) cardiovascular workout that blends elements of kick boxing, and aerobics into a 60-minute exercise routine all played to high energy dance beats.

Fusion Kick Fit is ideal for those who like to learn while they burn.

Fusion Kick Fit is more than kick boxing program. Fusion Kick Fit trains you to respond mentally and physically with speed and accuracy. You will discover how powerful your body is and how to use it to defend yourself.

What to wear: Loose, comfortable clothing such as one would wear for aerobics or running. You are welcome to bring a towel or roll-up mat for the floor exercises during class.

Although, we hope you never get into a situation where you have to call on these skills. **Fusion Kick Fit** will provide you with confidence, self-awareness, and quick reflexes by using the latest and most effective training methods available to motivate, encourage, and help the you be in the best shape of your life.

ENERGIZE
YOUR LIFE

**Quest Fitness • 175 West Shore Blvd
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