

ADULT KICKBOXING CLASSES 2009

ENROLL NOW FOR OUR NEW KICKBOXING CLASSES

WINTER BLUES WILL BE APPROACHING US QUICKLY, THIS WINTER, STAY IN
SHAPE AND PUSH THOSE WINTER BLUES AWAY!!!

About the Instructor:

*O'Jay Floyd will be the instructor for our Kickboxing Class. He has taught
Martial Arts for 32 years, Aerobic Kickboxing for 10 yrs and is a
fitness instructor.*

*Ojay has his certification in Kickboxing and a black belt in Isshinru Karate.
His teaching philosophy is to "teach people not lead them."
We are excited about having O'Jay as our instructor.*

SESSION BEGINS JANUARY 22, 2009

- For:** Any Adult 18 an over
- Location:** Kent Recreation Center (1115 Franklin Ave)
- Classes:** Thursday's
- Times:** 7:30 P.M. - 8:30 PM
- Cost:** \$25.00 / 8 CLASSES

**Sign up at Kent Parks and Recreation in Fred Fuller Park
(330) 673-8897**

