

Fitness Kickboxing

Contributed by Administrator

- Tone your body Burn up to 800 calories an hour.
- Weight loss guaranteed!
- Wear your regular workout clothes and shoes.
- No belts or uniforms involved.
- No experience required-everyone works at their own pace.
- The most fun way to get in shape ever!

The most fun way to get in shape ever! Enroll Now!!

Try A Free Class

Call us To find out more

(905)544-9788

Mon 7-8 PM

Tues 6-7 PM

Wed 7-8 PM

Thurs 6-7 PM

Sat 10-11 AM