

**WE ARE PROUDLY
OFFERING:**

- ◇ *Mat Pilates*
- ◇ *Cardio Kickboxing*
- ◇ *Impact Cardio Kickboxing*
- ◇ *Ab/Core Strengthening*
- ◇ *And more...*

**In our classes, you will
benefit from:**

- Increased physical endurance
- Enhanced coordination
- Reduced stress levels
- Increased cardiovascular fitness
- Potential reduction of body fat
- Increased self-confidence
- Improved strength and muscle tone
- Potential to burn up to 800 calories in 1 workout
- Improved stability & balance

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Phone: 707-446-2454

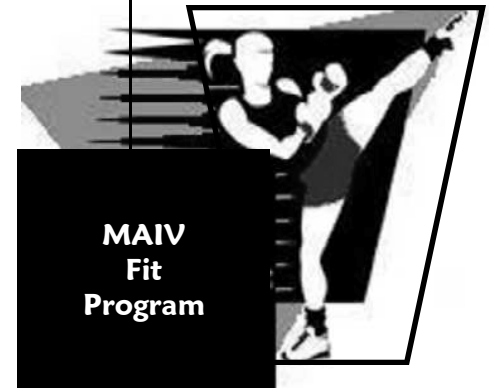
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**MARTIAL ARTS
INSTITUTE OF
VACAVILLE**

**FITNESS
CLASSES AT**



**MAIV
Fit
Program**

**JOIN US!
FIRST CLASS IS
FREE!**

"Begin Within"

**MARTIAL ARTS INSTITUTE
OF VACAVILLE**

707-446-2454

CLASSES ARE TAUGHT BY A CERTIFIED FITNESS PROFESSIONAL

CardioKickbox is different from your average fitness class. You'll not only be excited about the classes because they're fun and motivating; you will also sculpt your body lean and strong, burn fat like never before. You'll even begin to have an understanding for some basic self-defense skills. You will punch and kick yourself into a fighter's condition.

You'll feel comfortable joining class even if you haven't worked out in a while. And, if you're in good condition and are looking for a new challenge - you surely won't be disappointed!

We will incorporate toning, cross-training, balance training, cardiovascular (aerobic/ anaerobic) and endurance training and more in each Kickboxing class.

MAT PILATES

Every Pilates posture has both a strengthening and stretching aspect to it. Tone, firm and re-shape your body while improving your flexibility, balance, posture and coordination. The emphasis of this workout is on core conditioning- that is strengthening the deep abdominal muscles that lie along the spine while strengthening the entire trunk, including back, neck and hips.

Over time the body learns to work from a place of power which originates from the core. All other exercise and athletic activities, such as skiing, tennis, skating, biking, dancing or weight lifting, will improve and become easier. This is a great cross training exercise. At the end of the class, you will feel like you've had an entire body workout, relaxed and stress free.

Classes will be held on our state-of-the-art mat. No special equipment is needed and shoes should be removed. We will have gloves available to borrow and you may bring equipment such as a pilates/yoga mat and workout gloves. Be sure to bring water and a towel.

SCHEDULE

Thursdays:

5:45-6:30pm

Cardio Kickbox Workout

Saturdays (see calendar)

9:45am-11:15am – Cardio Kickbox
and Mat Pilates



FEES:

MAIV Members:

6-class Punch Card or 1 month for \$25

Non Members:

6-class Punch Card or 1 month for \$25

\$10 drop in fee per class

Students enrolled in Taekwondo and/or Aikido may participate at no charge. Family members are considered at the Member price.

2nd and more in a family @ 1/2 off.