

YMCA of Ithaca and Tompkins County

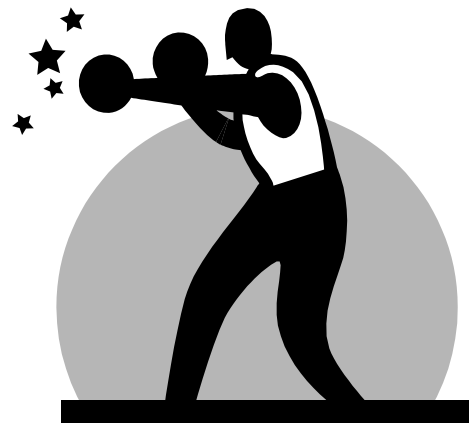
FITNESS

KICK - BOXING

February 7 - March 6, 2012
TUESDAY at 12:00 - 1:00pm

Class taught by Bob Eller; A certified martial arts fitness instructor with training in kick boxing. The class will include drills that teach upper body and lower body boxing techniques with basic self defense applications, for ages 13 and up. *The focus is fun, fitness and exercise through kick-boxing.*

Register at the Y Welcome Center
Members \$20.00 for 5 weeks
Non members: \$45.00 for 5 weeks



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA of Ithaca and Tompkins County
Graham Rd. West, Ithaca NY 14850
607-257-0101 www.ithacaymca.com