

# Kickboxing Class

## WHEN:

THURSDAYS

NOVEMBER 5-  
December 17

\*No Class 11/26

## WHERE:

GREEN ISLE PAVILION  
(900 Greene Ave.)

## TIME:

5:30PM-6:20PM

## COST:

\$30 R/\$37 NR

## AGE:

16 years or older

## CLASSES TAUGHT



### Join us for socially-distanced kickboxing

Never kickboxed? No problem! We'll go over kickboxing 101 and keep it casual to make sure everyone gets a great workout but also has fun! Every week will host a different look and feel to keep it interesting! We'll start with a dynamic warmup and then jump into kickboxing.

### Class is open to all fitness levels!

This class is scalable for beginner to novice. A personal trainer will be with you guiding and assisting throughout your workout.

### Equipment Needed:

Please bring a mat/towel/blanket for any floor work, fitness clothes/shoes, and water.

\*This is an "airboxing" class, kickboxing bags will not be available.

These classes will be hosted by Heather Trevarthen, owner of Ellipse Fitness for the past 13 years. As a long-time certified personal and group fitness trainer, she has worked with almost every fitness level, body type, and limitation. She would love to help get you moving well and feeling better!

### Register:

- Online: <https://allouez.recdesk.com/>
- Village of Allouez Offices
  - Business Hours: M-Th 7am-4:30pm & F 7am-11am

### For more information:

**WEB:** <http://allouez.recdesk.com/>

**Phone:** (920)448-2804

**E-mail:** [matt.hahn@villageofallouez.com](mailto:matt.hahn@villageofallouez.com)