



Join Today

Cardio

Kickboxing

Where: Beekman Town Hall - 4 Main street Poughquag, NY

- Please register by emailing me at neilsmbteacher@aol.com .
- You can register and pay on the first day of class. However, please email ahead of time to let me know you plan to join the session.

When: Saturday morning at 8:30

Session length: 6 weeks- \$ 50.00

Dates: 1/14, 1/21, no class 1/28, 2/11, no class 2/18, 2/25, 3/4, and 3/11.

Learn how to unleash your energy through a choreographed routine with punches and kicks set to motivating music.

Taught by AFAA Personal Trainer & Fitness Instructor Mary Beth Neils