



Red Dawn Martial Arts and Wellness Centre

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2016 KICBOXING CLASSES SCHEDULE

Time	Mon	Tues	Wed	Thurs	Fri	Sat
10:00-11:00 am						Yoga Ann Jackson
6:30-7:30 pm	KB Class 1 Anthony		KB Class 3 Anthony			
7:00-8:00 pm		KB Class 2 Selby		KB Class 4 Anthony		

KB Class 1: Fundamentals and Functional Fitness

In this class, you will work on bags, paddles, or a circuit-style format. You will continually develop the “Fundamentals” of kicks and punches, such as how to throw a kick and punch properly, as well as the “Functionality” of those moves, such as how far you need to be from an object and at what contact points you should hit.

KB Class 2: Cardio Endurance and Cardio Strength

In this class, you will work on choreographed routines without any equipment or contact on another object. This provides your joints a chance to recover from the last class.

KB Class 3: Strength and Stretching

In this class, you will work with weights throughout the class. You will continually build your muscle “Strength” with the weights, as well as utilizing specific positions that are also “Stretching” the muscles for ultimate body definition.

KB Class 4: Performance and Core Strength

In this class, you will work on interval bag training. You will continually build your “Performance” by applying all the skills practiced throughout the week in combos on the bag, as well as little intervals of exercises that develop your “Core Strength.”

Wellness Coaching: 12 Weeks Wellness Coaching Program

This program runs for 12 weeks on Wednesdays 7:30pm to 8:00pm for our member who want to learn more about healthy living and weight loss. The first session of 2016 start on Wednesday January 13th.