

**"Hit It"**  
**Cardio Kickboxing**

**TUESDAYS 7-8 P.M.**

- **12/6**
- **12/13**
- **12/20**



**DECEMBER**  
**SPECIAL**

Sweat off that Turkey and get yourself ready for the Holiday Season with our boxing and kickboxing-class, HIT IT! This cardio based class, combines upper and lower body exercises that will leave you feeling fit and strong. Any experience level welcome. \*Limited amount of gloves to borrow, we recommend having your own along with a towel, mat and plenty of water.

**REGISTRATION:**  
**[WWW.WESTONCT.GOV](http://WWW.WESTONCT.GOV)**