



# Cardio Kickboxing



Cardio kickboxing is an intense, total body workout that combines of aerobics, boxing and martial arts.

Join us while we work up a sweat and burn calories with this martial arts inspired fitness class.

## Lindale Recreation Center

3133 Swantner Dr.  
855-0392

Mondays & Wednesdays  
6:00 pm - 6:45 pm

\$7.00 drop in fee

Instruction by:  
Martha Peña

**LIVE. LEARN. PLAY!** [www.ccparkandrec.com](http://www.ccparkandrec.com)

The City of Corpus Christi promotes participation regardless of race, color, national origin, sex, age, religion, disability or political belief. Reasonable accommodations are provided upon request and in accordance with the Americans with Disabilities Act. For assistance or to request a reasonable accommodation, please call (361) 826-3460 at least 48 hours in advance. **Upon request, this information can be available in large print or digital file.**