



AmeriKick[®]

Fitness Cardio Kickboxing

August 2010

4000 Route 130 North * Delran, NJ 08075
856-764-7878 * www.AmerikickDelran.com

CARDIO CORNER:

Finish your Beach Body – participate in a new class – 3 S's (strengthen/sculpting/stretching) Muscle Fusion gives you excellent results!!

PLEASE NOTE: AMERIKICK will be closed for vacation on August 16th – 21st, 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 9:00am & 7:00pm Cardio KB	3 7:15pm Cardio KB	4 9:00am & 7:30pm 50/50 (Bag Work/absolutely abs)	5 7:15pm 100% BAG WORK	6 9:30am Cardio KB	7 8:00am Cardio KB
8 CLOSED	9 9:00am & 7:00pm Kickboxing With Medicine Ball	10 7:15pm Cardio KB	11 9:00am Cardio KB 7:30pm Kick-N-Tone	12 7:15pm Nick's Ultimate Challenge	13 9:30am Kick-N-Tone	14 8:00am Interval Kickboxing Using the chair
15 CLOSED	16 A M E	17 R I K AUGUST 16TH	18 I C K THROUGH	19 WILL BE AUGUST 21ST	20 CLOSED FOR 2010	21 VACATION
22 CLOSED	23 9:00am & 7:00pm Cardio KB	24 7:15pm 3 S's **(special class)**	25 9:00am 20/20/20 7:30pm Cardio KB	26 7:15pm 30/60/90	27 9:30am Cardio KB	28 8:00am Cardio KB
29 CLOSED	30 9:00am & 7:00pm 50/50 (Bag Work and hips/butt/thighs)	31 7:15pm 20/20/20				

