



AmeriKick Fitness Cardio Kickboxing November 2011

4000 Route 130 North * Delran, NJ 08075
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There are really only two requirements when it comes to exercise. One is that you do it. The other is that you continue to do it!

FITNESS – if it came in a bottle, everybody would have a great body©

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 CLOSED	31 9:00am Cardio Kickboxing 7:00pm-NO CLASS Happy Halloween	1 7:15pm BOOT CAMP	2 9:00am Kick-N-Tone 7:30pm Cardio Kickboxing	3 7:15pm Circuit Training	4 9:30am R.A.C.K.	5 8:00am Cardio Kickboxing
6 CLOSED	7 9:00am Cardio Kickboxing 7:00pm 30/60/90	8 7:15pm Cardio Kickboxing	9 9:00am 20/20/20 7:30pm Maximum Fat Burner	10 7:15pm Cardio Kickboxing	11 9:30am Cardio Kickboxing	12 8:00am Kickboxing with Medicine Ball
13 CLOSED	14 9:00am & 7:00pm 100% Bag Work	15 7:15pm 20/20/20	16 9:00am & 7:30pm Cardio Kickboxing	17 7:15pm Cardio Kickboxing	18 9:30am Kickboxing with Medicine Ball	19 8:00am Cardio Kickboxing
20 CLOSED	21 9:00am & 7:00pm 50/50 ½ Bag Work/ ½ Toning	22 7:15pm Cardio Kickboxing	23 9:00am Kick-N-Tone 7:30pm BOOT CAMP	24 7:15pm NO CLASS HAPPY THANKSGIVING	25 9:30am Cardio Kickboxing	26 8:00am Skinny Jeans
27 CLOSED	28 9:00am & 7:00pm Cardio Kickboxing	29 7:15pm 50/50 ½ Bag Work & ½ Core Conditioning	30 9:00am 50/50 Bag/Core 7:30pm Cardio Kickboxing	1 7:15pm Cardio Kickboxing	2 9:30am Cardio Kickboxing	3 8:00am Cardio Kickboxing