



Gerry Cook's KICKBOXING CLUB



KICKBOXING CLUB – Muay Thai #10203310

Age 14+

Muay Thai is a combat sport from Thailand and it's discipline focuses on physical and mental conditioning. It is a great work-out for students of all levels whether they are a beginner or expert. Known as the art of the 8 limbs, using fists, open hands, elbows, knees, feet, head and body; this class will be instructed by 8th degree black belt in Tae Kwon Do and 7 year kickboxing champion Gerry Cook!

Burn up to 900 calories in just one hour while becoming stronger, more flexible and increasing speed of movement. Class will warm up through stretching, slow motion exercise and then move into an intense workout. Learn meditation and how to protect yourself in this Kick-Boxing Club!

Classes are held TU 7:10-8:05 , FR 7-8:30p and SA 2-3:30p

Participants can come to one, two or all three classes per week, although its encourage to come at least twice a week to gain the most benefit.

FH TU/FR/SA 1/6-2/28 \$99/\$114 - 1A

Gerry Cook's



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**New session this
January at the
Field House Sports
& Fitness
Center**

Questions?

Please Call Sam Stevens

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WAUKEGAN PARK DISTRICT