



New Class at  
Doling Family  
Center



# CARDIO KICKBOXING

*LEARN THE BASICS  
OF KICKBOXING*

and burn calories with this high-intensity cardio workout!

**Mondays @ 6p.m.**

**Where: Doling Aerobics Room**

Free/Member,  
Daily Fee/Non-  
Member

Ages 14 yrs. and up