**NO BELTS – JUST SWEAT**

**Complete Core**

* Focuses on the muscles in the abdomen, hips, back and chest
* Trains these muscles groups to work and function together to stabilize your body
* Improving balance and stability
* Build strength throughout the core, reducing muscular imbalances formed by daily work and lifestyle routine
* Core strength helps to transfer force to and from the body’s extremities, improving all sporting and daily activity
* Core muscles help the force move as efficiently as possible so athletes and exercises can perform their best

**Bag Blast**

* Improved cardiovascular fitness
* Explosive exercises that build strength and speed
* Improves hand-eye, hand-foot coordination
* Improves agility
* Stress relief and self confidence

**Precision Yoga**

* Simultaneously build strength, muscular endurance and flexibility
* Maximize impact of Complete Core and Bag Blast training : targeting same as well as synergistic muscle groups
* Sculpting without bulk
* Facilitate better oxygen delivery, increase performance and injury prevention
* Great way to end a week of rewarding workouts

**Pricing**

* Free 3 class pass - (two week expiry date)
* $10 drop in rate
* $100 for 10 classes (3mos expiry date) ($10 per class)
* 3 month unlimited $90/mo – non members ($7.50 per class)
* 6 month unlimited $75/mo – non members ($6.25 per class)
* 3 month unlimited $60/mo – FKC members ($5.00 per class)
* 6 month unlimited $48/mo – FKC members ($4.00 per class)
* HST included

**Gear Options**

* Pro Force TKD Gloves (AWMA, page 23) $22.95
* Gladiator Punch (AWMA, page 13) $34.95
* Century Bag Gloves (#14998 or #14991) $49.99