

Club KO Kids



Why kickboxing for kids?

It is a fun and exciting way to keep kids in shape. It is a total body workout that combines aerobic and strength training. Most importantly, however, kickboxing is a great way for kids to have fun while getting in shape!



Who are the classes for?

Kids ages 4-13. No previous experience is necessary. This high intensity work out is designed for all ages and skill levels. Each individual is encouraged to work at his or her own pace and will improve with each class. The kids who start in the 4-8 year olds will gradually work up their strength, flexibility and skill level so they are comfortable when they join the 9-13 year old age group.



What will they learn?

- Basic Fundamentals of Kickboxing
- Health & Fitness
- Listening skills
- Increased Confidence
- Increased Strength & Flexibility
- Motivation
- Individual & Team Skills



What equipment do they need?

Gloves are necessary for class. We will provide gloves for the first class and will also have children's gloves available for sale. At Club-KO, kids will be burning fat and toning up by punching and kicking a real hanging heavy bag and target mitts. The resistance from hitting a hanging heavy bag burns more calories and tones muscles faster than just punching and kicking the air. We keep the punches and kicks basic to focus on the fitness aspect of the workout rather than the martial art itself.

For more information including location hours and schedules, log on to

www.clubkogyms.com

or call us at

201-963-7774