



# Kickboxing

Our classes and programs are designed to INSPIRE:

- Instruction**
- Nutrition**
- Safety**
- Peers**
- Interpersonal Relations**
- Exercise**

## Join us for this non-contact fitness program.

Kickboxing combines martial arts, boxing and heart-pumping exercise to strengthen and tone the entire body. Participants will learn proper kicking and punching techniques while promoting safety at all times.

### Kickboxing is a great form of exercise that also improves:

Coordination	Focus	Balance
Endurance	Flexibility	Confidence

**Dates:** Wednesdays (8/17, 8/24, 8/31, 9/7, 9/14, 9/21)

**Time:** 7:15 - 8 p.m.

**Location:** 111 St. Luke's Center Dr. Chesterfield, MO 63017  
Mr. and Mrs. Theodore P. Desloge, Jr. Outpatient Therapy Center Gym, Building B.

**Cost:** \$25

**Instructor:** Jennifer Zahn

**Class Size:** 15

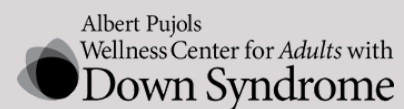
To sign up, please email [stacey.laughlin@stlukes-stl.com](mailto:stacey.laughlin@stlukes-stl.com).

Registration is confirmed in the order that your email is received.

Payment is expected no later than the end of the first week of classes. To pay by check, send payment to the address below. To pay with a credit card, call 314-576-2300.

## Important Notes

- A client must complete an orientation prior to attending a fitness program. Please let us know at registration.
- All clients signing up for a class must show proof of COVID-19 vaccination.
- If you need to cancel your registration, please let us know within the first week.



**121 St. Luke's Center Dr.  
Building A, Suite 503  
Chesterfield, MO 63017**

**Phone: (314) 576-2300  
Email: [ADS.WellnessCenter@stlukes-stl.com](mailto:ADS.WellnessCenter@stlukes-stl.com)**