



SPECIAL CLASSES

THURSDAYS
Dec 3rd, 10th & 17th
5:30-6:30pm
Performance Studio

KICKBOX SURGE

with Sergio Novoa

Kickbox Surge is an intense total body workout, a combination of cardio kickbox and athletic conditioning to maximize your calorie burn. Take this class once, twice, or all three times, and see just how many calories you can burn in an hour.

With over 18 years of experience in the wellness industry, Sergio has a passion for fitness and enjoys helping members push their workouts to the next level. Come sweat with him and see for yourself!

\$20 | FREE FOR MEMBERS

RSVP at Studiomix.com under "Find a Class"



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