

KANGOO POWER

FREE Demo Classes

Monday, January 11, 2016 6:00-7:00PM

Saturday, January 23, 2016 10:30-11:30AM

Kangoo Power is an explosive, highly motivating program specifically designed to challenge the whole body by building muscular strength and cardio-respiratory endurance simultaneously. Each movement is designed to focus on core stability, ensuring a balanced workout that will challenge even the fittest. Basic moves are easy to follow and can be performed with growing complexity and intensity as you progress. This program suits a broad range of class attendees regardless of fitness level. It is also great for athletes due to its use of plyometric explosive techniques, using Kangoo Jumps rebound shoes to maximize effort while preventing damaging impact to the joints.

This activity reduces impact on joints by up to 80%, burns 25% more calories, engages core muscles, works the entire body, and makes exercising FUN!

Please bring water, towel, and tall socks. Kangoo boots will be provided.



Ongoing classes begin February 1, 2016

Mondays & Wednesdays

6:00-7:00PM

at Rock Creek

4-week sessions (8 class dates)

\$75 per session \$10 drop-in (includes use of Kangoo boots during class)*

*Discounted rates available for those providing their own boots.

Contact: Sandra Bassett, Instructor

Phone: (954) 655-5127

Email: sandra.bassett8@gmail.com

