



Join us for an exhilarating cardio kickboxing class that combines high-intensity workouts with the art of martial arts. Get ready to punch, kick, and sweat your way to a fitter you!

Where are the classes?

The KickFit Cardio Blast* classes are hosted in-person at PKSA Karate Royal Oak. 4304 S Rochester Rd, Royal Oak, MI 48037.

Who is eligible to join?

Available to the public for ages 16 and older who are physically well and able to exercise at high intensity. All participants must enroll and sign a waiver.

What are the class offerings and how does it cost?

There are two levels of the class.

- KickFit Qauttro™ \$89 – 8 Week Program
Members can take classes up to four times per month on Thursday evenings (see Class Schedule).
- KickFit 8X™ \$109 – 8 Week Program
Members can attend classes up to eight times per month on Tuesday mornings and Thursday evenings (see Class Schedule).

 *Discounts offered to students or family members from the same household at a discounted rate.* 

How long are the classes?

Each 8-week session starts with an introductory class on the movements and requirements. Each class lasts 50 minutes. Participants are encouraged to arrive 10 minutes early to prepare for the session.

What should I bring to class?

- Martial arts bag gloves are required:
These are the gloves that we recommend for cardio kickboxing because they protect the 2nd knuckle. These are \$57.99 plus shipping directly from Century Martial Arts, but we can order them for you for \$47.00. Please request this item so that we may order it for you at a and charge your account. This fee is separate from the monthly fees. This must be purchased at least seven business days in advance of your first class. For description & picture only:
<https://www.centurymartialarts.com/open-palm-finger-bag-gloves-14991?returnurl=%2fsearch%3fq%3dgloves%2bbeginner>
- Participants should come dressed and ready to sweat from the movements.

What amenities do you offer?

Our facility has onsite parking, a changing room, two bathrooms, drinking fountain, water bottle filling station, cubbies for shoes, punching bags, large studio mirror, and a large mat area for the sessions.

What forms of payment do you accept?

Cash, Visa, Mastercard, and American Express

**KickFit Cardio Blast is a trademark of PKSA Karate Royal Oak*