

# **Turbo Fit In 8**

**Elwood Recreation offers eight weeks to fitness**

**With**

## **Turbo Kick®**

**Burn calories and blast fat! Turbo Kick® mixes kickboxing and simple dance moves with music that makes you want to move it! You'll love having fun and losing weight. It won't even seem like you're working out.**

**The unique Turbo Kick® movement patterns, combinations and techniques work together to give YOU the ultimate cardiovascular workout that will melt fat and reshape your body! Each full body workout consists of a sport specific warm-up, higher paced intervals, easy to follow combinations, kickboxing specific strength/endurance training and a mind/body like cool-down designed to maximize weight loss! No equipment is necessary, so there are no extra expenses.**

<b>Where:</b>	<b>Elwood Village Hall, 401 E. Mississippi Ave.</b>
<b>When:</b>	<b>Session I meets Mon. &amp; Wed. 5:30-6:30 p.m. June 14-Aug. 4. Session II meets Tues &amp; Thurs. 10-11 a.m. June 15-Aug. 5.</b>
<b>Cost:</b>	<b>\$160 per eight-week (16-Class) session</b>
<b>Register:</b>	<b>By June 11 at Elwood Village Hall</b>

**Measure your results! For those who would like to track their progress, licensed Turbo Kick Instructor Lindsay Wagner will measure weight and body mass index at the start and end of the session.**