



## PERINTON 55+ FITNESS

---

### NEW CLASS!

## SENIOR CARDIO KICKBOXING!

INSTRUCTOR: DENISE DESANTIS-  
PENWRIGHT



## MONDAYS, 11AM AEROBICS ROOM

---

A cardio fit workout class that integrates cardio kickboxing moves with cardio fitness moves. Learn the basic punch anatomy - the jab, cross, hook, uppercut and front and back kicks. Traditional kickboxing moves have been modified for the active senior lifestyle - heart healthy and gentle on the joints. Great for strength, agility and endurance. Class time is 45 minutes. The warm up and cool down will utilize Silver Sneakers Ener-Chi moves.

Begins Monday, May 3rd

Reserve your space [here](#)