

## Course Outline:

### Cardio Kick

The following is meant as an outline guide to the course. The tutor may at her/his discretion make alterations to the content and order of the course. Please ask the Course Administration Staff for guidance if you are in any doubt about the suitability of the level of the course.

#### **Course description**

An energetic blend of thai bo, aerobic conditioning, and muscle toning exercises. Guaranteed to get you fighting fit!

#### **What will the course cover?**

A warm up at the start of each session, followed by an intensive all over body workout. Combining kicks, punches, and aerobic moves, followed a cool down and stretches.

#### **Should I have experience for the course?**

None necessary.

#### **What can I expect to learn?**

Students should notice an improvement in their fitness levels and will increase their exercise endurance.

#### **What should I bring to the course?**

Loose, comfortable clothing i.e. shorts, t shirt, tracksuit, leggings, etc. with trainers.

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## **IT'S EASY TO ENROL**

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#### **By post**

Please complete the enclosed enrolment form and send it with a cheque (for the full amount), made payable to the YWCA Central Club OR fill in your Mastercard/Visa or debit card details. Please do not send cash. If you wish to apply for a concessionary fee, you will need to send a photocopy of your current evidence of entitlement to reserve your place and then take the original to reception on your first day.

#### **By phone**

Payments by Mastercard/Visa and debit card are accepted. Please have details of your credit card and the course title and course code ready. Call 020 7079 2855