

# **TURBO KICK™**

**The Evolution of Kickboxing**



Created by fitness celebrity Chalene Johnson

**The cardio workout sweeping the Nation!**  
Maximize your workout with ab sculpting moves and fat burning cardio set to the hottest dance music. The workout that feels like a party has finally arrived.

**Day: Every Monday starting November 2, 2009**  
**Time: 6:00 to 7:00 PM**

**Location: Anytime Fitness Dallas**  
**611 N. Bishop Avenue**

**Cost: Members Free**  
**Non-members \$5.00**

**Instructor: Mark Fuentes**

[www.turbokick.com](http://www.turbokick.com)

Rockin' Music ■ Simple Dance Grooves ■ Athletic Drills ■ High Energy Routines ■ Kickboxing with an Edge

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