The Kickboxing for Fitness Program consists of 3 Parts:

Part 1: Monday “Shadow Boxing” and Wednesday “Kickboxing Conditioning” classes involve learning Kickboxing techniques. (Non-impact, no equipment necessary.) Also, cardiovascular and muscular conditioning is the main emphasis of both workouts. These classes burn an extreme amount of calories and body fat.

Part 2: Tuesday “Muscle Works” and “Abs/Back Conditioning” courses involve strength training or core focus. Students lift free weights to build stronger upper bodies for powerful punches and strikes as well as condition lower body muscles for effective kicks. Sport specific weight lifting and functional training of core is emphasized during Muscle Works and Abs/Back Conditioning classes.

Part 3: Thursday and Sunday classes apply the skills they learn during the beginning of the week, and practice Kickboxing using heavy punching bags and wear wraps and boxing gloves.

Schedule @ Get Fit Davis 2795 2nd Street

- Monday: 6pm-7pm Shadow Boxing
- Tuesday: 6:30pm-7:30pm Muscle Works (group weightlifting)
- Tuesday: 7:30pm-8:30pm Abs/Back/Core Conditioning
- Wednesday: 7:30pm-8:30pm Kickboxing Conditioning

* Monday, Tuesday and Wednesday classes are free for gym members.
* $5 drop in price for non members.

Schedule @ Get Fit Sport 1809 Picasso Ave.

- Thursday: 6:30pm-7:30pm Kickboxing Heavy Bag Workout
- Sunday: 4:45pm-6pm Kickboxing Heavy Bag Workout

* Please note class size is limited due to equipment. Please arrive early and ask for a classpass at front desk.
* Thursday and Sunday Kickboxing Heavy Bag classes are $5 for gym members, $7 drop in price for non members.

Instructor Andrea

IFBB Professional Physique
WNBF Professional Natural Figure
WNBF Professional Natural Bodybuilding
NPC Figure
UC Davis Lecturer, Physical Education
UC Davis Self Defense and Kickboxing

Please contact Andrea at kickboxingandrea@gmail.com if you need more information or have questions.