Saturday, February 20th
10:00am-11:00am
(Please meet in Aerobics Room 1)

Instructor: Karl S. Carlyle

Come and learn basic kickboxing and basic boxing techniques. You will also learn Muay Thai and savate techniques with emphasis on protection skills. Please bring your own boxing gloves/mitts!

If interested, please call:
Fitness Coordinator, Valerie Yamaki: 932-7748 or email: vyamaki@hawaii.edu.