



Urban Rebounding Box & Bounce

Workshop – .1 ACE / 1.5 AFAA CECs

Sunday, February 3rd, 2008

1:30PM to 3:00PM

Urban Rebounding

Urban Rebounding – Box & Bounce

Box and Bounce is all the boxing you love without the impact to your joints. Take the upper body postures of boxing and kickboxing and add the lower body postures of the Urban Rebounding Core Moves to make a powerful cardiovascular challenge!

Throw in some upper body strengthening using an unstable surface to complete the workout. Learn ways to bring kickboxing to everyone.

\$50

Cost: \$50 for Healthworks employees
(\$60 for non-employees)



PRESENTER: Tracie Finan is a national fitness presenter and Master Trainer. She is the featured presenter in the Urban Rebounding Videos Dance Bound, Kick Bound and Resistance Bound. Tracie's innovative and invigorating choreography has been nationally recognized and allowed her to claim two AAU National Sport Aerobic Championships.

LOCATION & INFORMATION:

Healthworks Fitness Centers
920 Commonwealth Ave
Brookline, MA 02215

TO REGISTER OR FOR MORE INFORMATION:

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