

The Kick-Box Skipping Rope Workout

**\$29 + GST Early Bird - (Received at least 2 weeks prior to course),
\$39 + GST Regular Fee**

Can-fit-Pro accredited for 1 CEC's for both PTS, FIS, SCS
BCRPA accredited for 1.5 CEC's towards recertification
AFLCA accredited for 1.5 CEC's towards recertification
YMCA recognized for 1.5 hours towards recertification

Course Description: (1.5 Hours) Designed for a unique alternative cardio or warm-up segment incorporating "real" boxing & kickboxing skipping (with & W/O) rope techniques. Learn how to select the right rope and footwear, and learn 10 (one rope) basic yet challenging combination skipping patterns and a 10-Round Champ Routine for group fitness or PT sessions.

This workshop is for PTS & FIS.

Includes: Instructor Handout Material.