

# ***Personal Training***

***Refine technique, work on combinations and skill development for Grading or just improve your fitness level***

***Personal Training with Certified Black Belt Kickboxing Instructors***

***&***

***Can-Fit-Pro PRO-Trainers***

***Ross or Joanne***

***Available by appointment***



***Personal Training Kickboxing Sessions Count as 2 Credits towards Grading***

***1-on-1 or Small Group Training***

***\$60.00/Session***

***+ \$15.00/Additional Person***