

Every Monday
night at
6:30PM

Combat Conditioning

**Both
live
and in
the PW
virtual
dojo!**



Toned Body & Healthy Heart & Self-Defense & Stress Reduction & Mental Clarity

Supplies needed if you'll
be joining us online:

1-2 sets of dumbbells
Medicine ball
Yoga mat
Jump rope

Full-body workout that combines circuits, strength training, cardio, core, plyometrics, kickboxing and more. Workouts are varied and fun.