

PILOXING®

**A NON-STOP, CARDIO FUSION
OF *STANDING PILATES*, *BOXING* AND *DANCE*
THAT WILL PUSH YOU PAST YOUR LIMITS
FOR A SLEEK, SEXY, POWERFUL™ YOU!**

PILOXING® cardio fusion incorporates cutting edge research and fitness techniques to burn maximum calories, build lean muscles, and increase stamina.

The program uniquely blends the **power**, **speed**, and **agility** of boxing with the **targeted sculpting** and **flexibility** of pilates. These techniques are also supplemented by the use of **weighted gloves**, further toning the arms and maximizing cardiovascular health. Add to that **exhilarating dance moves** and you have a muscle-toning, fat-burning workout that will make you feel **physically and mentally empowered!**



Piloxing is easy to modify and works for those who are in great shape as well as for those who are just starting their journey to a healthy lifestyle. Bring an exercise mat. Weighted gloves are optional and may be purchased in class for \$15. Piloxing helps you feel CONFIDENT and POWERFUL!

Register with Rachel Czys: rczys1@yahoo.com

