



# *Sweat Kwon Do*

*Taught by Becky Cripps*

## **NO MORE EXCUSES!**

**GET SWEATING** with this interval training cardio workout! We'll use basic taekwondo and boxing moves interspersed with strengthening exercises to *lose body fat and build lean muscle without adding bulk.*

**Don't wait until New Years to form a resolution!**

*Classes start* in December, but preview classes will be held at the following times:

Tues, Dec 6<sup>th</sup> at 6:15 pm, Thurs, Dec 8<sup>th</sup> at 12:00, Tues, Dec 13<sup>th</sup> at 12:00,  
Wed, Dec 14<sup>th</sup> at 7:45 pm, Mon, Dec 19<sup>th</sup> at 12:00, Thurs, Dec 22<sup>nd</sup> at 6:30 pm



Becky Cripps is a long time student of Paik's Traditional Martial Arts Center. In 2001 she trained as part of the Black Belt Club and competition team. She served as vice president of the Sport Taekwondo Club at Cornell University, where she earned her bachelor's degree in biology and taught cardio kickboxing. She is also a Forrest Yoga instructor.

***SIGN UP NOW!***