



Kickboxing Fitness Class

Length: 1hr

Delivery modes: Onsite & Virtual Sessions; Pre-recorded tutorials.

Details: Kickboxing classes provide individuals with techniques that build strength, confidence and discipline. It's a great way to build a healthy work culture and promote cross-functional team bonding. The session blends Cardio, Resistance Training and Boxing with several martial art forms including Muay Thai and Tae Kwon Do.

Kickboxing brings variety to traditional workplace fitness sessions; as holds a host of benefits including:

- Full Body Workout - an engaging way to reduce sedentary lifestyles
- Stress Relief
- Mood Elevating Benefits of Exercising
- Improves Cardiovascular & Musculoskeletal Health
- Boosts Cognitive Performance - Improving Focus, Concentration & Memory

Connect with WORKBLIS to discuss requirements - hi@workblis.com

This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.