

POMONA KICKBOXING



# BEGINNER KICKBOXING

**MARTIAL ARTS PROGRAM**

POMONAKICKBOXING.COM



# KICKBOXING FOR EVERYONE

## KIDS & ADULT PROGRAMS



Are you ready to elevate your fitness, sharpen your mind, and gain self-defense skills? Join our martial arts community and experience a workout that challenges both body and mind!

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## WHY CHOOSE KICKBOXING?



Kickboxing is an incredible way to channel your energy and leave feeling revitalized. Learn how to protect yourself in real-life situations. As you master new skills and see physical changes, your confidence will soar.

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## DOES IT WORK?



Yes! Punch, kick, knee and elbow your way to a lean, strong body. Target all major muscle groups, improve your strength, endurance, and agility.

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## BEGINNER CLASSES



No experience? No problem! Our expert instructors will guide you through the fundamentals at your own pace. Expect a blend of technique drills, sparring sessions, and fitness training.

# KICKBOXING SERVICES

As a kickboxing service, we provide diverse gym programs tailored to various fitness goals, experience levels, and preferences. Explore our program options and amenities below

**Kids program**

**Adults program**

**Womens program**

**Private lessons**

**Beginner classes**

**Advanced classes**

**Self Defense**

**Get in Shape**

**Lose Weight**

**Competitions**



# KICKBOXING PACKAGES

## GROUPS

**\$150**

- Unlimited Group Classes
- Monthly membership
- Each class is an hour

## PRIVATES

**\$400**

- x12 one hour sessions
- Family and Friends included
- Group classes Included

## BOOTCAMP

**\$1000**

- x3 months of Privates and Group Classes
- Family and Friends included
- Nutrition Plan included

# START YOUR MARTIAL ARTS JOURNEY WITH OUR TEAM



## CONTACT US NOW!



(909) 242-1804



[pomonakickboxing.com](http://pomonakickboxing.com)



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**LEARN SELF  
DEFENSE, GET IN  
SHAPE AND HAVE  
FUN!**