

Martial Arts and Self Defense

Last Updated Tuesday, 05 August 2008

Personal Training in Martial Arts

Experience an incredible workout while defining your shape and melting the pounds away. Learn key defense techniques and improve the strength of your kicks and punch. Martial arts might just be the fitness challenge for you!

With martial arts you work your entire body, from head to toe. The arms, legs, and core are rapidly strengthened and your cardiovascular system sees significant enhancement.

Work with a personal trainer that is specialized in the area of martial arts and burn more than 800 calories in only hour.

Xceller8ed offers martial arts training in the following areas:

Thai Kickboxing

Self Defense

Boxing

Contact us now to book your free Martial Arts session!