

Come kick start your body with fun easy to follow moves!



# Senior **FREE!** Cardio Kick

**MARKS STREET SENIOR  
RECREATION COMPLEX**

99 East Mark Street, Orlando, FL 32803

**Tuesdays & Thursdays**

**5:00 - 5:45 p.m.**

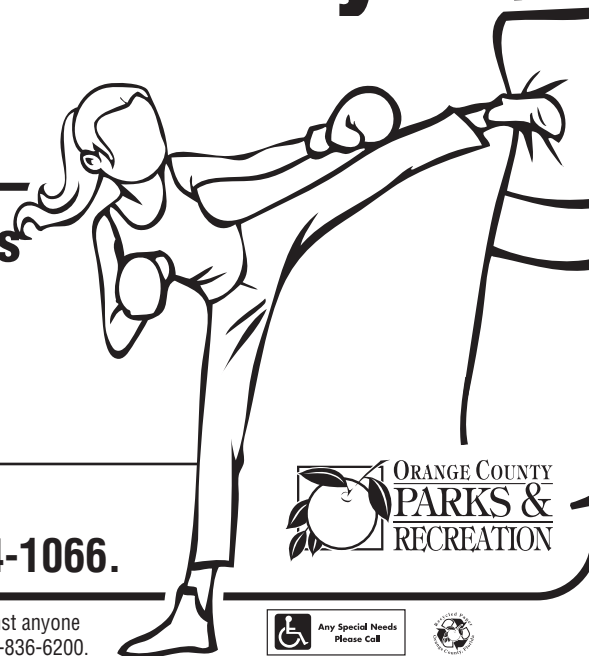
**Wednesdays & Fridays**

**Noon - 1 p.m.**

**Kickboxing for seniors that focuses  
on cardio, health, strength and  
overall coordination.  
Equipment provided.**

[www.OrangeCountyParks.net](http://www.OrangeCountyParks.net)

For more information, please call 407-254-1066.



We embrace the power of diversity. Orange County Parks and Recreation does not discriminate against anyone on the basis of age, race, gender, national origin or disability. ANY SPECIAL NEEDS PLEASE CALL 407-836-6200.

