

KICKBOXING CLASS

Knights Park

Saturday, July 30

(10:00 -10:45 a.m.)



Ambler Borough Parks & Recreation Department is pleased to offer residents a free **Kickboxing Class** at Knights Park. The Kickboxing Class will be conducted by Instructor **Tiffany Tesfa Guma** and is open to anyone who can move around and at any age. No special equipment is needed. Please wear exercise attire and bring a water and small towel.

Give Kickboxing a try and show up on July 30th for a free lesson. In the event of rain, this class will be cancelled.