Founder and Head Instructor Thomas Young Park

Born in South Korea, Mr. Park has 45 years of TaeKwon Do experience and over 20 marathon finishes. He studies, travels and teaches fitness. Through his experience, he developed a deep understanding of the science and art of physical fitness: the **Cardio Kicks Lifestyle.**

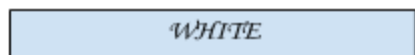*Black Belt*

JR. Black Belt

RED

BROWN

BLUE

PURPLE

GREEN

ORANGE

YELLOW

WHITE

See Your Transformation!
CARDIO KICKS IS LIFESTYLE!

What is Cardio Kicks?

Cardio Kicks is a lifestyle fitness program. It combines the sought after whole body work out of martial arts with a fun, music filled atmosphere. This Teen and Adult fitness program offers leveled classes to directly reach all participants, from the very beginner to career athletes. Introductory students will experience reduced stress, self defense and weight control. As they advance, workouts will incorporate circuit training and advanced cardio.

Cardio Kicks is lifestyle!
A stress free, music filled exercise to transform your life!

CARDIO KICKS CENTER
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Grand Rapids, MI 49512

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Cell 616-819-0488
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taekwondoada@gmail.com

FUN!
GREAT MUSIC!
WEIGHT CONTROL!
STRESS RELIEF!
HAPPY DAY!

Make yourself into a new you!

Thomas Young Park can help adults and teens achieve great fitness for life!

NO MORE STRESS!!

Throw away your stress, listen to great music and feel the sweat!

Individualized GROWTH!

Thomas Young Park takes time to understand each student's needs.

Have FUN!
Find the joy of an indomitable spirit!

Cardio Kicks Centers You!
Thomas Young Park's experience and skill presents the best way to find a happy, balanced you!

CLASS SCHEDULE

Time	Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.
10-10:45	Intro		Intro		Intro	Intro
11-11:45	Advanced	Intermediate	Advanced	Intermediate	Advanced	Mixed
5-5:45	Intro	Intro & Intermediate	Intro	Intro & Intermediate	Intro	
6-6:45	Inter-mediate	Self Defense	Inter-mediate	Self Defense	Inter-mediate	
7-7:45	Advanced	Intermediate & Advanced	Advanced	Intermediate & Advanced	Advanced	

FREE SELF DEFENSE LESSONS for all levels!