

# Cardio Kick

**A combination of Body-toning  
Strength-training & Kickboxing**

**At**

## **Fit-n-Firm**

Mountain View Plaza  
856 U.S Hwy. 206  
Hillsborough, NJ 08844  
(908) 281-0013

<http://www.fit-n-firm.com>

*Non-Members \$10.00*

**Classes- Tuesday & Thursday- 9:45am  
Thursday- 6pm  
Saturday- 10am**

***Our instructor Leticia Negron, is a Certified Group  
Instructor, who has been instructing for over a Year at Fit 'n' Firm!  
Her classes have been one  
of our most popular classes!***

After years of little physical activity, no fitness awareness and especially after having two children, Leticia realized the importance of maintaining a healthy lifestyle. She began her personal fitness journey one step at a time, taking walks around her Hillsborough neighborhood. Today, she is grateful for the benefits that fitness and exercise have had on her life. As a Fitness Instructor, Leticia brings her positive energy and experience to all her classes and provides a nurturing place where people can  
**EXPLORE and DISCOVER THEIR OWN PERSONAL FITNESS JOURNEY!**