

HCBA Winter Kickboxing Event

Sponsored by the HCBA Membership/New Lawyers/Young Lawyers Committee

Wednesday, January 23, 2019

5:30-6:30

CKO Flemington

240 Highway 202-31 North (near Starbucks)

Flemington, NJ 08822



Join your colleagues as we reduce stress and burn calories with one of the best cardio exercises available. Kickboxing training is a form of high intensity interval training (HIIT) led by qualified and engaged instructors. This great winter event is sponsored by the HCBA Membership/New Lawyers/Young Lawyers Committee and open to all HCBA members.



Cost: \$30 per person

Cost includes gloves for you to keep and three classes. January 23rd is the first of the three classes and you may schedule the other two classes on your own.

Checks made payable to HCBA

Name: _____ E-mail: _____

Please R.S.V.P. to Lyn by January 18th

Class is limited in size so it will be first come, first serve.

Mail: HCBA, PO Box 573 Annandale, NJ 08801

Fax: HCBA Office at 908-200-7159

E-mail: hcba@comcast.net

Call Lyn at 908-200-7822 with any questions.