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Aerobic kickboxing, latest, most intense workout, is here

Do you know what is the hottest fitness phenomenon in the country? Hint: It is not spinning, yoga, or sweating to the oldies. It is, on the other hand, drawing record numbers of celebrities and non-celebrities and because it burns fat, builds cardiovascular endurance and sculpts muscle all in one activity it has been touted by experts as "the ultimate workout."

It is aerobic kickboxing and no matter what name it goes by - Cardio Karate, Tae Bo, or any of a dozen others - there has never been a workout quite like it, nothing that has generated such

heated enthusiasm. It seems that one cannot turn on the television or pick up a magazine without being bombarded by images of people from all walks of life furiously kicking and punching to a driving beat.

Now it is available in Dallas. "Actually we have been teaching this program for the last two years or so," says Gary R. Barnes, owner of Barnes Kenpo Karate, and resident Kardio Kickbox instructor. "We are the Back Mountain's best kept secret."

Until now, apparently. Slowly, mostly by steady word of mouth, Barnes and his staff have been diligently building and expanding the Kardio Kickbox program and developing a loyal following.

"People have asked me to describe Kardio Kickbox and I can only think of one word: intense," Barnes says. "It is definitely not for Barbie-doll types, but instead for those who are truly serious about what they want. If you are looking for a truly demanding workout, guaranteed to get you into rock solid shape, this is it. I have been doing martial arts for nearly 17 years and this is by far the toughest workout I have ever done."

But Barnes says that should not frighten anyone away since everyone is encouraged to work at their own pace, eventually going harder as their abilities develop.

"Bring plenty of water," he says, "and be sure to take a break if you need it. Most people are hooked after the first class or two."

Kardio Kickbox is setting the new standard in fitness; it is a high energy, one hour, total body workout that burns nearly 800 calories per hour. Yet it is surprisingly simple to learn. But simple doesn't necessarily mean easy.

"There is nothing magic about this program," states Barnes. "It really does work. But you have to work at it, and that takes discipline. No one can get into shape for you, but if you have the will and the serious desire to accomplish your fitness goals, then I have the perfect vehicle. The changes in your body can be unbelievable, but you have to stop making excuses, breakout of the trap of complacency and just do it."

For those who do rise to the challenge, Barnes assures that the benefits of Kardio Kickbox are more than just physical.

"This is much more than just kicking and punching. It isn't mindless movement. You can't think about your grocery list while doing this. It's about taking action, about setting and achieving goals. Yes, you will lose inches and become strong, you will increase your ability to focus, and build your confidence and self-esteem as you become more proficient.

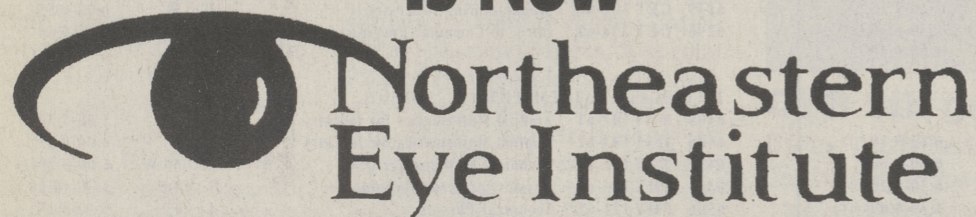
Kardio Kickbox is distinguished from other similar martial arts themed aerobics programs in that it does not rely on gimmicks or props such as handwraps and boxing gloves. Instead, Kardio Kickbox is a high-intensity program of kicks, punches, knees, elbows, boxing style footwork and combination techniques done to music that reaches 154 beats per minute or more. By contrast, the average step class utilizes music of 120-125 BPM, and the average aerobic session uses music of 138-140 BPM.

Classes are currently held at Barnes Kenpo Karate, 132 Memorial Highway (next to Dallas Laundromat) on Monday, Tuesday, and Thursday at 3:30 p.m.; and on Tuesday and Thursday at 9:30 a.m. at the Anderson Sports and Health Center on the campus of College Misericordia.

Demand for Kardio Kickbox is so great that new classes are forming and will be held at Barnes Kenpo Karate on Wednesday and Friday mornings at 9:30 and on Friday evening at 6:15.

Each class runs about 60 minutes and is divided into sections consisting of warmup, kickboxing, cool down, strength and flexibility. Readers of the Dallas Post may call Barnes Kenpo Karate at 674-5611 and receive two weeks of Kardio Kickbox absolutely free.

Back Mountain Eye Care Center Is Now

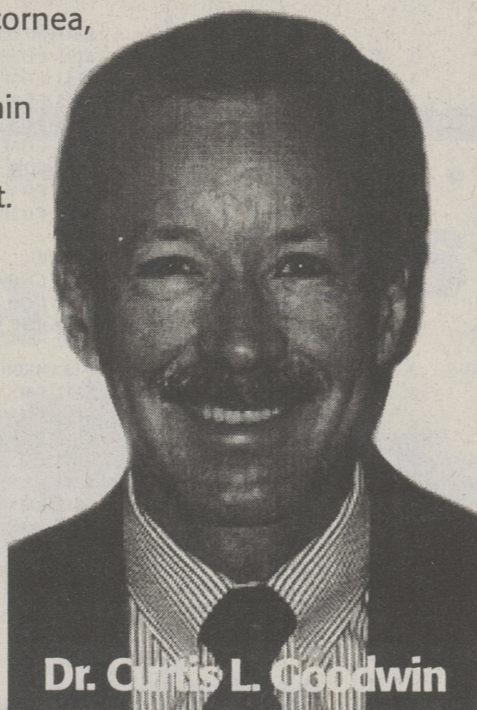


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