



MARTIAL ARTS KICKBOXING

For More Information Contact:

Matt Di Pietro

Manager

Mafitnessflorida@gmail.com

(727) 392-3198

www.martialartskickboxing.com

For Immediate Release

MA Fitness, a fitness kickboxing and cross training facility located in St Petersburg, Florida has opened a new location in Pinellas Park and is offering a free week of classes during the week of February 12th and ending the week with a free self-defense class hosted by COBRA Self Defense.



MA Fitness Kickboxing is located in Pinellas Park on 66th St N. The new location is the 2nd of a local business in Pinellas County. The classes are great for all ages and focus on high intensity interval training with fitness kickboxing and strength training or Self Defense training through the COBRA Self Defense Training System.

"This isn't your average cardio. 45 minutes of hard work and you'll understand how kickboxing the most effective workout is for men and women. Grab a pair of gloves and hit a heavy bag for a high energy, high intensity total body exercise that will revolutionize the way you work out. Develop coordination, flexibility, balance, focus and self-defense skills, relieve stress and manage weight- just a few of the added benefits of fitness kickboxing. Torch up to 800 calories per class- twice the rate of running or cycling. It's the cure for the common workout."

We'll be burning calories and making people safer at the new Pinellas Park location. Classes are already going on so stop by, pick up a schedule and talk to a trainer about your fitness goals.

MAFitness is located at 9737 66th St. N, Pinellas Park, 33782. For more information contact mafitnessflorida@gmail.com or call Matt DiPietro at (727) 392-3198