

## **KIXX – Family Fun and Fitness Course**

On **Sunday the 9th October 2011**, KIXX Martial Arts, Maidstone was very pleased to host their unique **FAMILY FUN and FITNESS Course** at their full time Chinese Martial Arts gym based in Granville Rd, Maidstone, ME14 2BJ. A wide range of skilled, qualified and insured Instructors and Assistants were on hand to provide a safe, fun packed training session.

The objective was to promote to children and parents the health and fitness benefits in the **KIXX Chinese Martial Arts** by exercising **as a family** in a relaxed, fun and safe environment. Parents were able to demonstrate their enthusiasm for exercise and encourage their children by **participating together** in tasks / games that involved stretching, stamina, self-discipline, co-ordination, pad work, balance and commitment.

Attendance for the course provided a perfect age and range of people and proved that ALL ages and abilities will benefit from regular, suitable and sensible exercise. Some of the family members spanned three generations and ranged from 4 years to 70+ years of age. It was clear on the day that you are never too old to take up a KIXX Chinese Martial Arts exercise program that considers individuals personal objectives.

### **Some comments from parents on the day:**

*Excellent session thank you. Lovely to attend as a family and workout. Look forward to the next one. Steve, Fiona, Daisy (8), Charlotte (6) and Elise (6)*

*Very enjoyable for both myself and my 4 year old son, who has been wondering what I do here of an evening. Now he knows and I am sure will join the children's classes after this family day taster. Patrick and Louis (4)*

*Fantastic Day. Max loved it and it really made him come out of his shell, it is great to see him exercising and having so much fun. Would love to do it again. Jo and Max (4)*

If you would like any information about KIXX Martial Arts classes or courses please see the website [www.kixxmartialarts.co.uk](http://www.kixxmartialarts.co.uk) or phone 07941 340284 or drop

in and speak to Nigel the Chief Instructor and 7<sup>th</sup> Dan South Shaolin Wuzuquan Kung Fu level.