



Piloxing cardio fusion incorporates cutting edge research and fitness techniques to burn maximum calories, build lean muscles and increase stamina. The program uniquely blends the power, speed and agility of boxing with the targeted sculpting and flexibility of Pilates. These techniques are also supplemented by the use of weighted gloves, further toning the arms and maximizing cardiovascular health. Add to that exhilarating dance moves and you have a muscle-toning, fat-burning workout that will make you feel physically and mentally empowered! Piloxing is a trademark. Go to www.piloxing.com for more information.