



One Lion Kickboxing LLC

Functional Kickboxing- Not for the faint of heart

Coach: Jeffrey Greenwood

I have taught Kickboxing and have been a fitness trainer since 2013.

Background:

- 1st Gup ITA Tae Kwon Do, under Master McDowell
- Hapkido (joint manipulation)
- Aikido (weigh manipulation)
- Hwarang Do, Shim Doo Do (sword)
- Han Kuk Mu Ki Do (weapons)
- Muay Thai, under Hugh Miller
- BKS Iyengar Yoga, under Zenith
- MMA
- Krav Maga
- BJJ
- 360 Training, MSHA-First Aid/CPR
- FiTOUR Certified



What I offer:

- Functional Kickboxing
- Endurance training
- Strength training
- Flexibility training
- Discipline
- Focus
- Timing

Cost: First Session Is Free

\$150.00 for 10, 1 ½ -hour GROUP sessions

\$200.00 for 10, 1 ½ -hour PRIVATE sessions

Please call/text/e-mail for class schedule and any questions. Thank you and God Bless!

Jeffrey Greenwood
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