



Kalifit®

Personal Fitness Training and Consultation

The Kalifit® training method was developed by qualified and experienced fitness, martial arts and kickboxing instructors. As such, it is based on sound exercise and fitness training principles and can be adapted to suit all body shapes and individuals.

The name Kalifit® is a fully registered Trade Mark originating from the following sources:

*Kali is the name of a Filipino martial art system, which itself comes from **K**amot, signifying the body and hand, and **L**ihok meaning motion or movement. To this we have added the word '**fit**' to represent fitness training.*

*KALIFIT® is also an acronym of **K**ick **A**erobic **L**ow-Impact **F**itness, which usefully represents the kickboxing training elements used in some of our training routines and individual exercises.*

We can offer you personal training in our own Studio or, if you prefer, in the comfort of your own home, or workplace.

For a personal fitness routine, with a difference, or to talk to someone about other courses and sessions we run, please call us today on: **01223 565020**, or **0787 627 8560**.*

**We also run regular group sessions on martial arts and Savate kickboxing training, as well as organising courses and workshops on relaxation, personal safety and self-defence.*