

[Smash Hit Kickboxing Club corporate fitness program](http://www.smashhitkickboxing.com/)

For 4 years Smash Hit Kickboxing Club has enhanced life styles of many people in northern Oakland County through exceptionally delivered programs. We are very proud of our achievements and the hard work from all our Smash Hit members, so now we are expanding our healthy lifestyle promotions to local small business and corporations.

As a corporation, team building activities can increase employee motivation in several ways. First, when employees succeed in team building activities, they become more confident, which boosts their motivation. Second, commitment to team building activities demonstrates that the business is willing to invest in their success. Third, employees are often more motivated when they gain trust in their fellow employees and feel confident that their work as a team will be recognized and appreciated.

Smash Hit Programs are geared for first time participants as well as avid exercisers as a great cross training regimen that can also be added to existing wellness programs.

Offering Kickboxing /Self Defense style workout will appeal to both male and female participants. Smash Hit feels that everyone involved in our wellness kickboxing program will become aware and empowered in their environment.

Please contact feel free to contact me at any time to come in for a class or to discuss more about our programs.

Visit our website to see a list of our classes currently in session.

Fight on,

Ken,

Smash Hit Kickboxing

# 248-253-1594

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