

A graphic featuring two figures in traditional Kung Fu attire (white and blue) performing a martial arts stance. The background is a gradient of blue and green. The text "KUNG FU KARDIO" is overlaid in large, bold, brown letters with a white outline, slanted upwards from left to right.

KUNG FU KARDIO

[cc] 2011 Daniel Blouin
[cc] 2014 Junilla

Kung Fu Kardio

by Grandmaster James Clark

Fridays
12:00 p.m. – 12:45 p.m.
SPN Wellness Center, **SPN 1.700**

— *No Experience Needed* —