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Empower Kickboxing and Fitness is a proud vendor for the IRIS program!

IRIS (Include, Respect, I Self-Direct) is a program designed for Wisconsin adults with disabilities.

Come join our Empowerment Program at Empower Kickboxing and
Fitness!

We offer tailored fitness classes built not only around conditioning for the
body, but for the mind and soul as well!

- Class times: Tuesday, Thursday, and Saturday at 11:00 am.
- Any caregivers/aids are welcome and encouraged to attend.
- 1-on-1 sessions available upon request.
- Classes include kickboxing, strength training using weights and body weight, flexibility, and balance to promote a better quality of life.
- Build confidence in yourself while surrounded by supportive and motivating individuals.
- Gloves are provided.

Give us a call or send us an email today to learn more and get signed up!!

We can't wait to see you!!

We do not have wheelchair accessibility.

