



## Class Benefits

Comparing Kangoo'Robic advantages over the other major studio classes

	<b>Kangoo'Robic</b>	<b>Step</b>	<b>Aerobic</b>	<b>Spinning</b>	<b>Body Cond.</b>	<b>Body Pump</b>	<b>Body Combat</b>
<b>Fat Burning</b>	●	●	●	●			●
<b>Cardiovascular</b>	●	●	●	●		●	●
<b>Posture &amp; Balance</b>	●						
<b>Suitable for All Ages</b>	●		●	●	●		●
<b>Suitable for All Abilities</b>	●		●		●		
<b>Non Fixed Locations</b>	●						
<b>Workout on Any Surface Without Injury</b>	●	●					
<b>Suitable for Rehabilitation</b>	●						
<b>Resistance Training</b>	●	●			●	●	
<b>Pumps the Lynphatic System Without Impact on the Body</b>	●						