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I have been a member since 2002, and although people describe how kickboxing at Club KO changes the body...enhances the moves and brings confidence, while I agree, I believe I walked in with all those benefits when I joined due to the fact that I had been exposed to exercising for many years. However, I found in addition to those benefits, others...that most people fail to mention.

At Club KO, I am able to release my stress; I owe it to those classes/instructors my great frame of mind, which is always positive and energetic. It's just natural for me to live in a good mood, but that's because there's no mercy for me when I stand in front of that bag—I owe it to myself, my family members and friends to stay healthy and very happy.

A month after I joined Club KO (or, as it was previously known, TakeItToTheMax) March 2002, I lost my mother; it was sudden and the biggest loss I've experienced—and a hard one to digest 'till this day. This year, I lost my father and a dear friend at the tender age of 40 so I pound all my anger on those bags but yet enjoy and laugh at the sarcasm and/or scolding that the instructors bring to the classes without losing respect and following their workouts as if it was my first class. These classes have been instrumental in my life; I cannot imagine my life without them.

So to all of those instructors, whose classes I've taken for many years, I thank you for keeping me in shape...not just physically but emotionally as well. You're my drug free sanity ...not pain free, though, but GOOD PAIN INDEED.

And to those future members who have never taken a class at Club KO, please follow my 11 year son's (Derek) advice & quote: "fear less - regret nothing"...he wrote that quote after taking a class at Club KO.

Sincerely,

Ingrid