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Jenna Schaa, left, and Leigh Reed take part in a Kisado Interval Fitness Class workout at HoAm Tiger Rock Taekwondo in the Cross Point Shopping Center in Jacksonville.



Getting a kick out of KISADO

Total body workout gaining in popularity

By SUZANNE ULBRICH
Daily News Staff

KISADO may be kicking the “bootie” out of Monica Brady, but she said she’s never felt better. “I know my attitude has changed a lot. I have a lot more energy and my strength has been building at a pretty good pace,”

said Brady, of Jacksonville, who started taking Kisado classes in September. “I am so excited to have these classes now. I love that the workout is all about me; I do how much I can, rest when I need to, and can just jump right back into it — it’s awesome.”

HoAm Tiger Rock Taekwondo, locat-

ed next to Shogun at 1250 N-6 in the Cross Pointe Shopping Center on Western Boulevard, opened in April. It recently expanded its offerings, adding Kisado Interval Fitness classes to attract more adults to the facility, said Patrick Ashton, the owner and instructor.

Kisado Fitness, de-

veloped in Japan, is a high intensity interval training program designed to get you in shape, help you lose weight and increase your mental strength, said Ashton.

“Kisado Fitness incorporates cutting edge science with a unique martial art flair,” he said. “It reduces body fat nine times faster than regular aerobic exercise.”

Kisado Fitness specifically targets strength, speed, agility and flexibility, Ashton said.

“And it doesn’t matter what age you are, as long as you are 18 or older, or what fitness level you are at. The program can be configured to your needs,” he said.

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Photos by John Althouse / The Daily News

Patrick Ashton, with stopwatch, puts Kisado Interval Fitness Class through its paces at HoAm Tiger Rock Taekwondo, Cross Point Shopping Center in Jacksonville. Students pictured are (L-R) Monica Brady; Leigh Reed and Jenna Schaal.