

Top Trends

KICKBOXING

Kickboxing is undoubtedly a hit in our community. Here are just a few reasons to get hooked.



9% of Americans kickbox once a week or more.

13% of Americans want to give kickboxing a try.



We asked kickboxers why they stay kickin'...

Top 3 reasons:

1. To look better physically
2. To be strong and fit
3. To feel good

Top 3 obstacles to healthy living:

1. Time constraints
2. Money constraints
3. Lack of accountability

Not just *one-hit* wonders

Nearly all kickboxers say they do another type of exercise at least once a week.



27%

STRENGTH TRAINING



25%

MARTIAL ARTS



23%

YOGA



They pack a punch—and pack their weeks with sweat sessions.

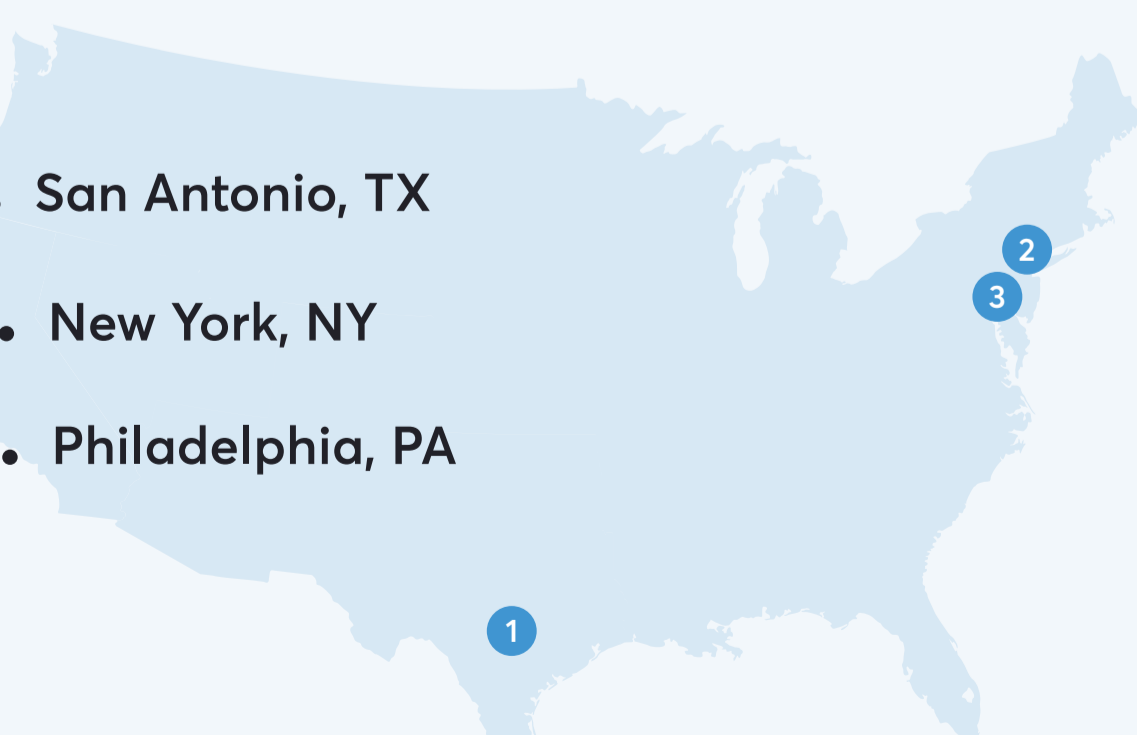
MINDBODY app users work out an average of **3.7 times/week.**

MINDBODY app users who kickbox regularly? **4.3 times/week.**

WHO'S ALIVE AND KICK(BOX)ING?

Here are the top 3 US metros for kickboxing.

1. San Antonio, TX
2. New York, NY
3. Philadelphia, PA



HIT YOUR BUSINESS GOALS

Grow Faster

FIND YOUR NEXT KICKBOXING CLASS

Start Searching