



CARDIO KARATE

SCHEDULE

TUESDAY - 7pm-8pm

WEDNESDAY - 6:30pm-7:30pm

THURSDAY - 7:15pm-8:15pm

SUNDAY - 9am-10am

TRY A
CLASS...
YOUR FIRST
WEEK IS
FREE!!

***ONLY MARTIAL ARTS SHOES/
NON-MARKING SHOES ARE AL-
LOWED ON THE MAT DURING
WORKOUTS.

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CARDIO KARATE IS A MIXTURE
OF UPBEAT MUSIC & FLUID
MARTIAL ARTS TECHNIQUES
MERGED INTO A HIGHLY ENER-
GETIC ONE-HOUR SESSION.
WE'LL SCORCH YOUR MUSCLES
TIL THEY BURN!

WE CAN'T WAIT TO SEE YOU IN
OUR CLASS.

PUNCH YOUR WAY INTO SHAPE:

- LOSE WEIGHT
- FEEL GOOD ABOUT YOURSELF
- TONE AND SCULPT YOUR BODY
- BUILD UP STAMINA AND ENERGY
- RELEASE STRESS