THE-WORKOUT-THAT-PACKS-A-PUNCH



BEST WORKOUT YOU WILL EVER DO

Enjoy The Workout That Packs A Punch

Excitement, variety, music, and energy. You will see and feel the great results of the cardio, stretching, body core, and resistance training with the bag workouts.

Beginner through Advanced!

Join us and work at your own pace.

Get Fit - Stay fit!



First Month

\$59 First Month if you have gloves and wraps

SPECIAL INCLUDES: **BOXING GLOVES** WRIST WRAPS A MONTH OF WORKOUTS Month To Month

Paying month to month is \$49.95 DROP-IN-RATE \$15 per workout

DROP-IN-RATE with your own gloves and wraps. Gloves and wraps are available for purchase.



Head Kickboxing Coach



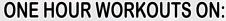
Manuel Corrales Kickboxing Coach



Kira Moniz Kickboxing Coach

WHAT YOU NEED TO KNOW TO START:

For Adult and Teen Ages Only No previous experience needed Gloves, wrist wraps, proper workout attire, a large towel and white bottom or non-marking workout shoes are required.



TUESDAY 7 PM to 8 PM THURSDAY 7 PM to 8 PM SATURDAY 10 AM to 11 AM

REGISTER AND PAY ON LINE AT:

www.manna.us/kickboxing.html

A proven method of success! - Serving San Diego North County for 37 years





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