

THE WORKOUT THAT PACKS A PUNCH

KICKBOXING

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!

Brian D. Manna
International Grandmaster Instructor
Head Coach Kickboxing Director/Trainer
Hall of Fame Inductee - TEMAS Founding Master

\$79

Special

First Month

NO CONTRACTS

\$59 First Month if you have gloves and wraps

SPECIAL INCLUDES:

BOXING GLOVES

WRIST WRAPS

A MONTH OF WORKOUTS

Month To Month Continued

MEMBERSHIP DUES

\$29.95

EFT

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.



Brian Manna
Head Kickboxing Coach
Program Founder



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.



Manuel Corrales
Kickboxing Coach
Martial Artist



Kira Moniz
Kickboxing Coach
Martial Artist

ONE HOUR WORKOUTS ON:

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

MANNA'S MARTIAL ARTS (858) 487-6470

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