

Karate
AMERICAN
MARTIAL ARTS CENTER
EST. 1981

CARDIO KICKBOXING



Set your fitness goals into MOTION! Start looking & feeling GREAT!
JOIN US for a HIGH INTENSITY WORKOUT that is sure to make you SWEAT!!!

Our Karate American Cardio Kickboxing:

- Trains Coordination & Stresses Technique
- Improves Balance & Flexibility
- Tones Muscles
- Speeds Fat Loss – Burn Up To 800-1000 Calories/Class!
- **and Most Importantly... it's SO MUCH FUN!!!**

CLASS IS \$30 for 6 WEEKS

Starting in September - Thursdays @ 6pm

AGES TEEN-ADULT – MEN & WOMEN – ALL SKILL & EXPERIENCE LEVELS

North Cedar Academy – 1500 Port Arthur Rd, Ladysmith - 715-832-6488