



KICKBOXING BOOTCAMP

Mon & Wed

8 to 9 PM

South Windsor

CT

Your Instructor:

Anne Dina

4th Degree Black Belt

***Follow through
with the promise
you made to
yourself***

Is this type of class for you?

- Do you despise gym membership fees and contracts?
- Do you want to learn from an instructor who got their course certification over a weekend OR would you rather learn from a 15 year veteran and 4th degree black belt in TaeKwon Do? (she's a nice girl but will work you like a dog)
- Do you want to try something different rather than prancing around like an 80's aerobics queen on fake stairs that go nowhere?
- Do you want to release stress and frustration while pummeling a punching bag? (we even have one in the shape of a man with six pack abs...if that floats your boat)

Seriously....if you take 2 classes a week and try your best, you can see incredible results in about 7 weeks. You can finally give your "fat" pants to your sister (like I did).

In a nutshell:

- ALL levels (from beginner to advanced)
- tone your entire body (punching/kicking a bag burns more calories)
- strengthen your core (abs & lower back)
- build endurance (stop huffing & puffing going up stairs)
- learn self defense
- make new friends, challenge & encourage one another
- lose weight, gain confidence & feel empowered



**Master William
Oulundsen
7th Degree Black Belt**

255 Sullivan Avenue
Unit E
South Windsor, CT
06074
860.256.0256

www.oulundsenstk.com

**FREE
OFFER**

1st Class FREE!
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Name: _____

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Name: _____

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Name: _____

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Name: _____