

Attention Woman!

Want to Get in Shape and Tighten up?



CARDIO KICK BOXING

6 week Program

- Lose Weight
- Get in shape
- Build Muscle
- Tighter Abs

Just Do IT!!!



Want a BETTER BODY and MORE ENERGY?

*** FREE CARDIO BOXING INTRO CLASS * Bring a Friend!**

Wednesday, May 4th 8:00pm

**Thompson Plaza at the Martial Arts School in Monticello!
Near Brother Bruno's**

Space is Limited, Register for FREE Online at:

www.BudoJJ.com and receive Sensei's "Warrior Diet Tips" that Work!

Things to Look Forward To.



- 1) Lose Weight
- 2) Tighten up your whole body
- 3) Be in better Physical and Mental Health
- 4) Feel more confident
- 5) Look Great
- 6) Learn Boxing, Kick Boxing, & Muay Thai and more

This Course is specially designed for Women who want to get in Shape Fast!

It is a "No Joke" Boot Camp to bring your body to the next level.

Taught by Sensei Heath Macaluso, Certified USA Boxing Instructor Enrique Gonzalez, & Core Trainer: Aaron Levine

Have Fun, Get in Shape!!!

**Call 845-742-0067 to reserve your Spot!
4050 Rte 42, Thompson Plaza, Monticello 12701**

