

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

Special

\$79

First Month

NO CONTRACTS

\$59 First Month if you have gloves and wraps

SPECIAL INCLUDES:
BOXING GLOVES
WRIST WRAPS
UNLIMITED WORKOUTS

Month To Month Continued

MEMBERSHIP DUES

\$39.95

EFT

Pay by the month is \$49.95 monthly
Drop in workouts is \$10 each

TRY-IT-FREE We will lend you **Boxing Gloves**. Wraps not included \$5.



Brian Manna/Grandmaster
Senior Training Coach

WHAT YOU NEED TO KNOW TO START:

For Adult and Teen Ages Only

No previous Experience Needed

Proper Workout Attire, a Towel is required

White Bottom (non-marking) Workout Shoes



Larry Pennington/Black Belt
Training Coach

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



A proven method of success! - Serving San Diego North County for 34 years

MANNA'S MARTIAL ARTS (858) 487-6470

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