

FITNESS MARTIAL ARTS & BAG

# KICKBOXING *Special*



## THE WORKOUT THAT PACKS A PUNCH

Enjoy *The Workout That Packs A Punch*, excitement, music, and energy. You will see and feel the results of the hard core ab workouts each class. Workouts on Tuesday, Thursday, and Saturdays. Come join me and work at your own pace, stay fit!

*B.D. Manna*

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



*Special*  
**\$69**

**First Month Special**

NO CONTRACTS Regularly \$89  
NOW THRU AUGUST 15, 2015

FIRST MONTH SPECIAL  
INCLUDES:

**BOXING GLOVES  
WRIST WRAPS  
UNLIMITED WORKOUTS**

**Month To Month  
Continued**

MEMBERSHIP DUES

**\$29.95**  
EFT

Serving San Diego North County for 30 years, a family tradition.

After EFT stops there is a \$30 EFT restart processing fee.

### WHAT I NEED TO KNOW TO START? TEEN AND ADULT ONLY

White bottom shoes

Proper Workout Attire & Towel

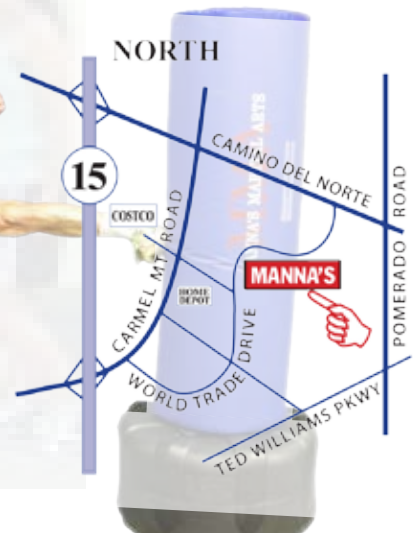
ONE HOUR WORKOUTS

TUESDAY 7 PM

THURSDAY 7 PM

SATURDAY 9 AM

FLYERS & PAY ON LINE AT  
[www.manna.us](http://www.manna.us)



**● TRY-IT-FREE** If you have your own gloves and wraps.

**MANNA'S MARTIAL ARTS (858) 487-6470**

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