

BURN BABY BURN



Sealy Karate Fitness Kickboxing Bootcamp

Fitness Kickboxing Bootcamp burns up to 800 calories an hour. That's the key to fitness—Burn off those calories, before you burn out. Move to today's hottest music as you shed pounds and give your body an excellent cardio and strength building workout. Learn proven self-defense techniques: fast jabs, powerful kicks and protective blocks. There's nothing routine about Fitness Kickboxing Bootcamp—our instructors are always introducing new combinations, new movements and new music.

**OPEN HOUSE SEPTEMBER 14 & 16,
11:45 am & 7:15 pm - COME OUT &
TRY A CLASS FOR FREE**
12 Weeks \$129.00 starting September 21st.



SEALY

KARATE SCHOOLS

"STRENGTH IS IN UNITY"

www.sealykarate.ca

519-821-KICK(5425)