

Don't Be Fooled By Imitators

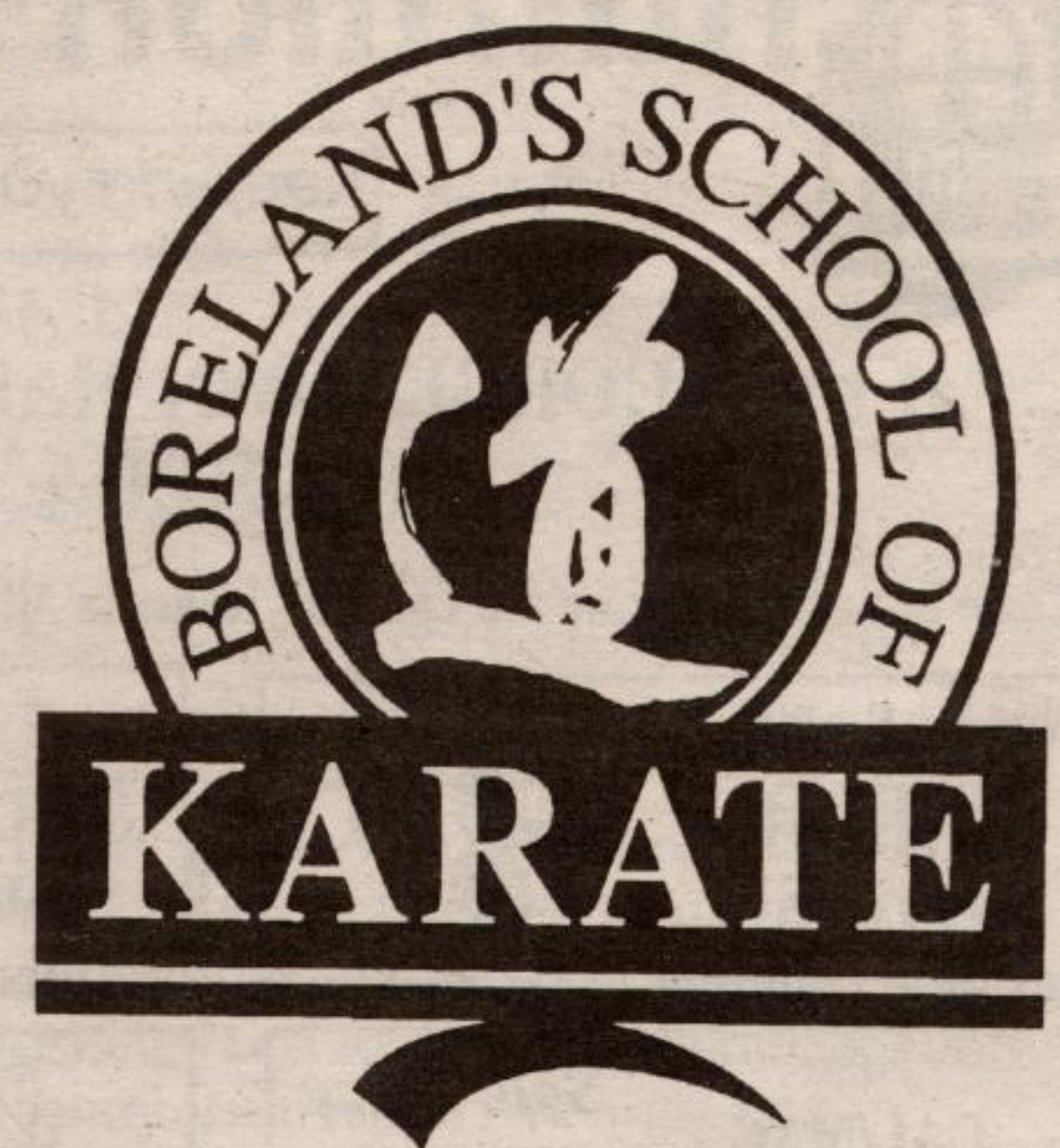
**Finally,
a kick-butt,
sweat
pouring, bag
slamming,
aggression
releasing,
power
punching,
workout for
the "bored"
with aerobic
scene" raging
kickboxer
deep inside
us all.**

Why is **Kick Fit Karate** sweeping the country? Because it gives you all the **fun stuff** in Karate (kicking, punching, Getting in Shape) without any of the **serious stuff** (Uniforms, belts, breaking concrete blocks with your head, etc.) Our instructors will have you breaking a **serious sweat** and

you'll learn some **serious self defense** techniques without yelling any foreign words. It's **hard work**, but it's the most fun way to **get in shape ever!!** And unlike a treadmill, learning **Kick Fit Karate** will get you somewhere. For more info and class schedules, **Call us today!**



*Pam Boreland
Registered
Kick Fit
Instructor*



- GEORGETOWN'S ORIGINAL CARDIOVASCULAR KICKBOXING PROGRAM
- REGISTERED FEMALE INSTRUCTORS
- SEPARATE KICKBOXING & KARATE FLOORS
- GEORGETOWN'S LARGEST FAMILY MARTIAL ARTS CENTRE WITH 7,000 SQ. FT.

- OVER 20 KICKBOXING CLASSES AVAILABLE EACH WEEK, MORNING, DAY, EVENING CLASSES
- DAYTIME NURSERY FACILITIES
- LOTS OF PARKING

Georgetown's Original

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The Total Body Workout

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235 Guelph St., Georgetown
Beside Georgetown Cinemas
Borelands School of Karate

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Established Since 1991