

LOCATION: AYENSU'S TAEKWONDO/KARATE

Opposite McDonald's Restaurant (Hwy. #7) Guelph St.

LADIES MORNING WORKOUT FEVER

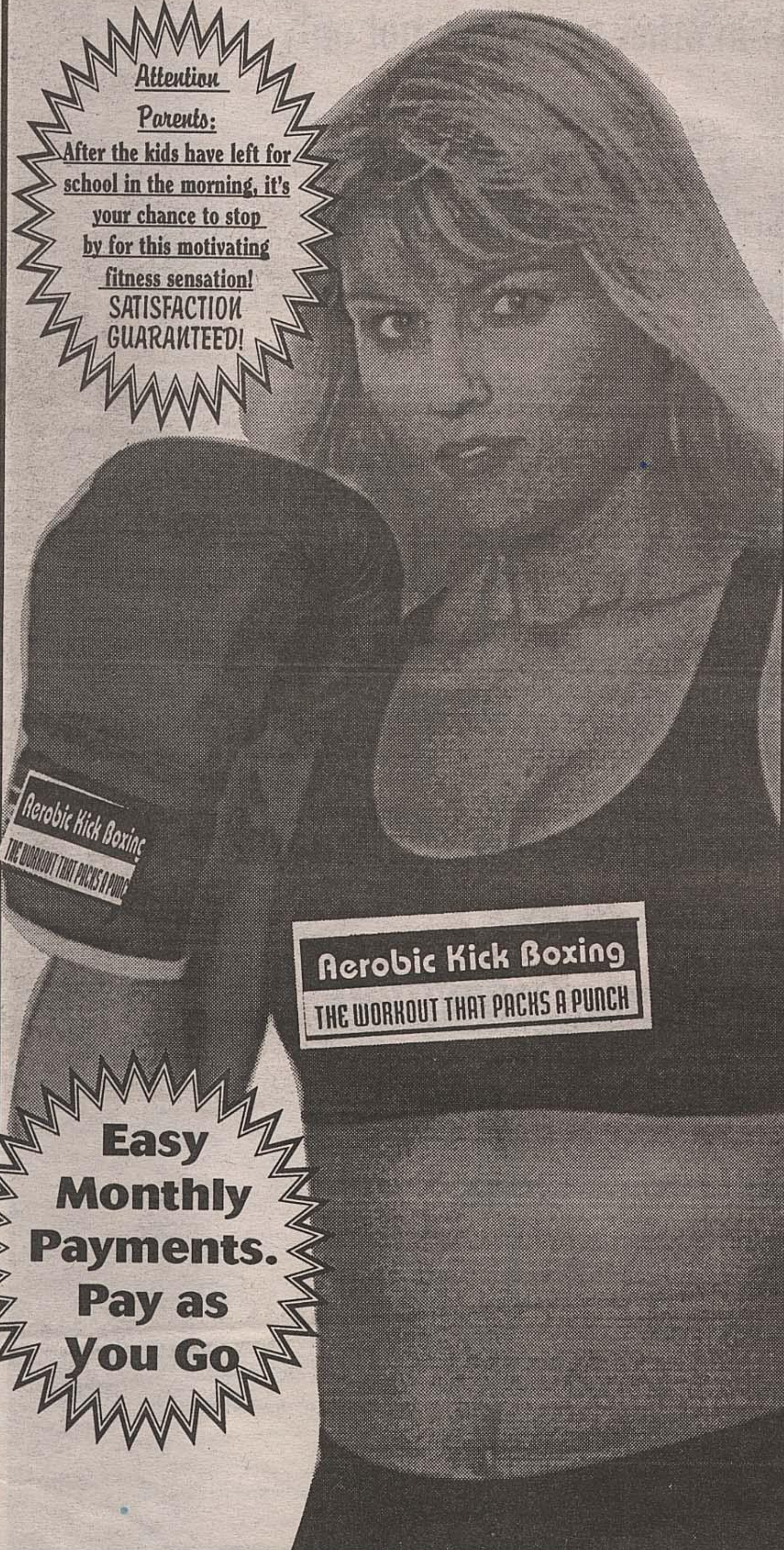
Ladies Aerobic Kick Boxing & Self Defense Fitness

FEEL THE ENERGY, MOTIVATION

The Edge Everyone Needs to Succeed. We Make Learning Fun

MORNING & EVENING CLASSES AVAILABLE.

Attention Parents:
 After the kids have left for school in the morning, it's your chance to stop by for this motivating fitness sensation!
SATISFACTION GUARANTEED!



Easy Monthly Payments. Pay as You Go

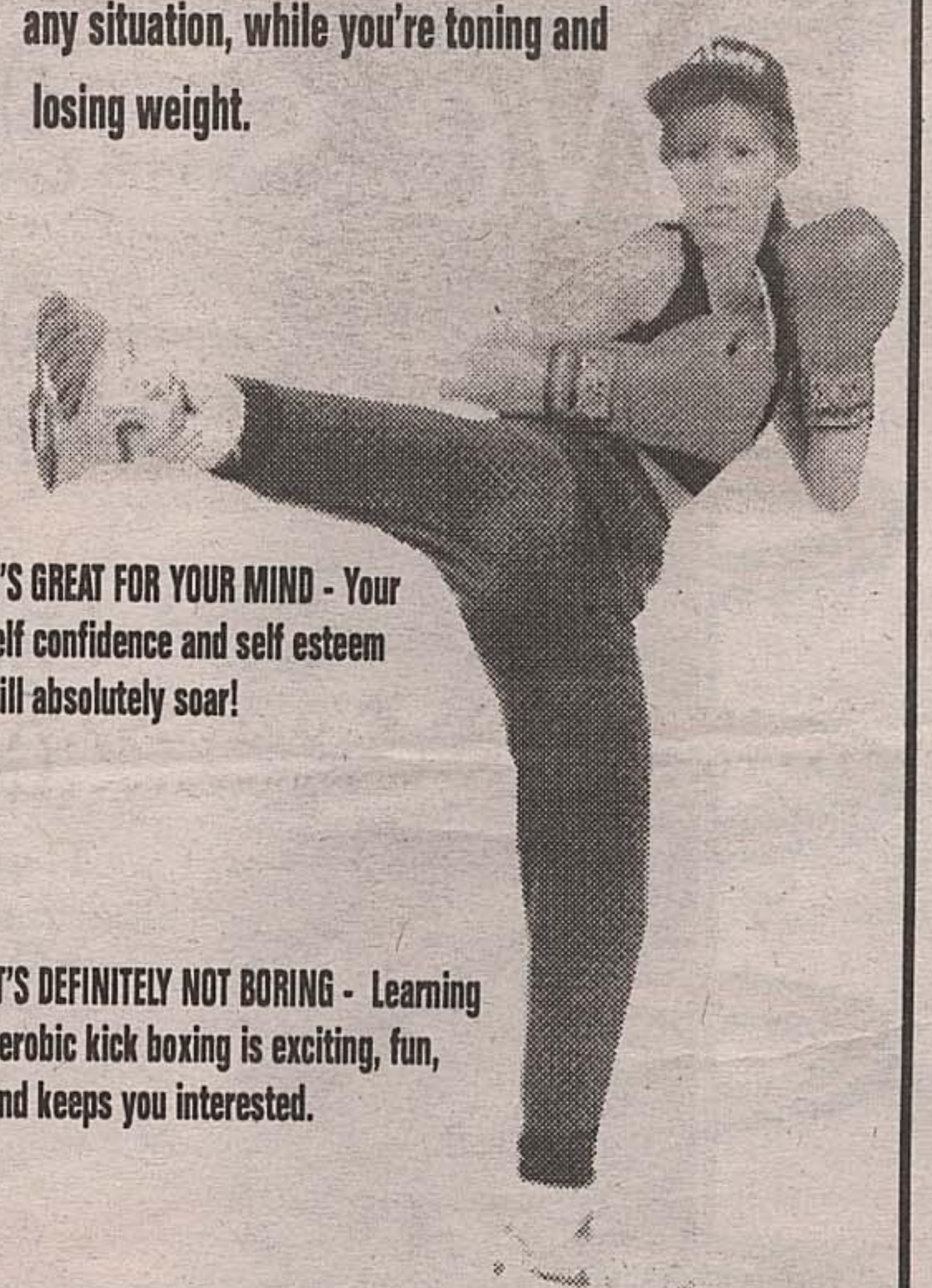
FINALLY A KICK-BUTT SWEAT POURING, BAG SLAMMING, AGGRESSION RELEASING, POWER PUNCHING, WORKOUT FOR THE "BORED WITH THE SPA SCENE" RAGING KICKBOXER DEEP INSIDE US ALL!

FALL REGISTRATION SPECIAL
FREE
 INTRODUCTORY TRIAL CLASS
NO OBLIGATION
 A chance to evaluate our superiority, success and REPUTATION.

- Classes are for adults only - age 16 & up
- You can wear your regular workout clothes and shoes
- There are no belts or uniforms involved
- No physical contact
- No experience required - everyone works at their own pace
- You'll learn important self-defense techniques
- And it's the most fun way to get in shape ever!

I FOUND A BETTER WAY TO GET IN SHAPE

- IT'S GREAT FOR YOUR BODY - You'll learn valuable self defense techniques and how to defend yourself in any situation, while you're toning and losing weight.
- IT'S GREAT FOR YOUR MIND - Your self confidence and self esteem will absolutely soar!
- IT'S DEFINITELY NOT BORING - Learning aerobic kick boxing is exciting, fun, and keeps you interested.



TRY OUR SECRET "POWER MEAL RECIPE OF AEROBIC KICK BOXING FITNESS. SATISFACTION GUARANTEED. YOU WILL MAKE IT PART OF YOUR DAILY DIET AND YOU WILL BE AMAZED AT THE DIFFERENCE IT WILL MAKE. ACCORDING TO FITNESS MAGAZINE, AEROBIC KICK BOXING IS THE #1 CALORIE BURNING WORKOUT.

NO OBLIGATION

CALL FOR YOUR FREE TRIAL LESSON
873-2809

LIMITED TIME ONLY