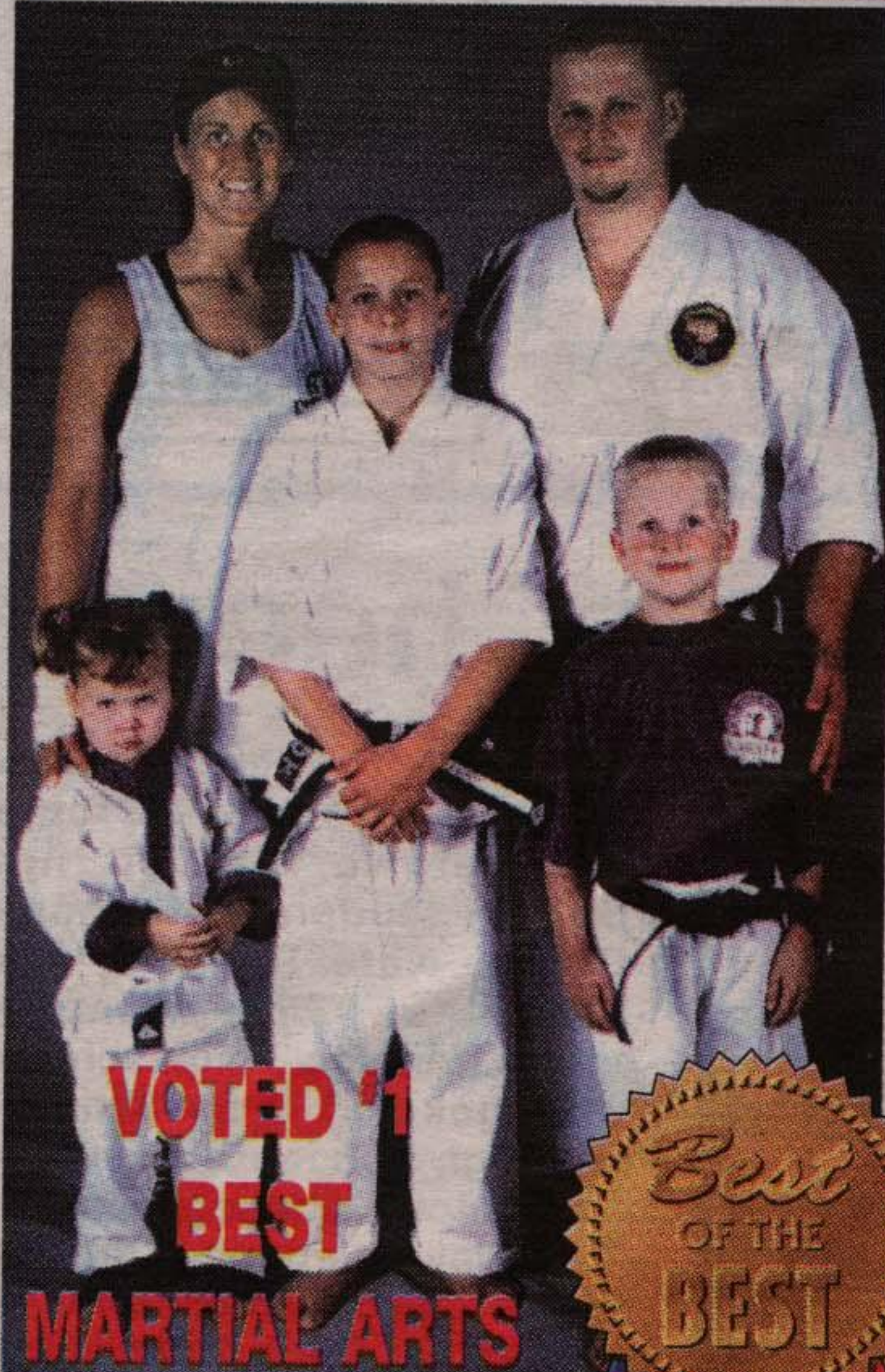




KARATE

THANK YOU HALTON HILLS #1 FOR VOTING US



**VOTED #1
BEST
MARTIAL ARTS**



EXPERIENCE GEORGETOWN'S FINEST MARTIAL ARTS EDUCATION

We offer programs for the entire family.

- | | |
|--------------------------|-------------------|
| L'il Dragons Program | 3 & 4 years old |
| L'il Warriors Program | 5 to 8 years old |
| Junior Blackbelt Program | 9 to 15 years old |
| Adult Blackbelt Program | 16 years and up |

SPECIALIZED TEACHING IN:

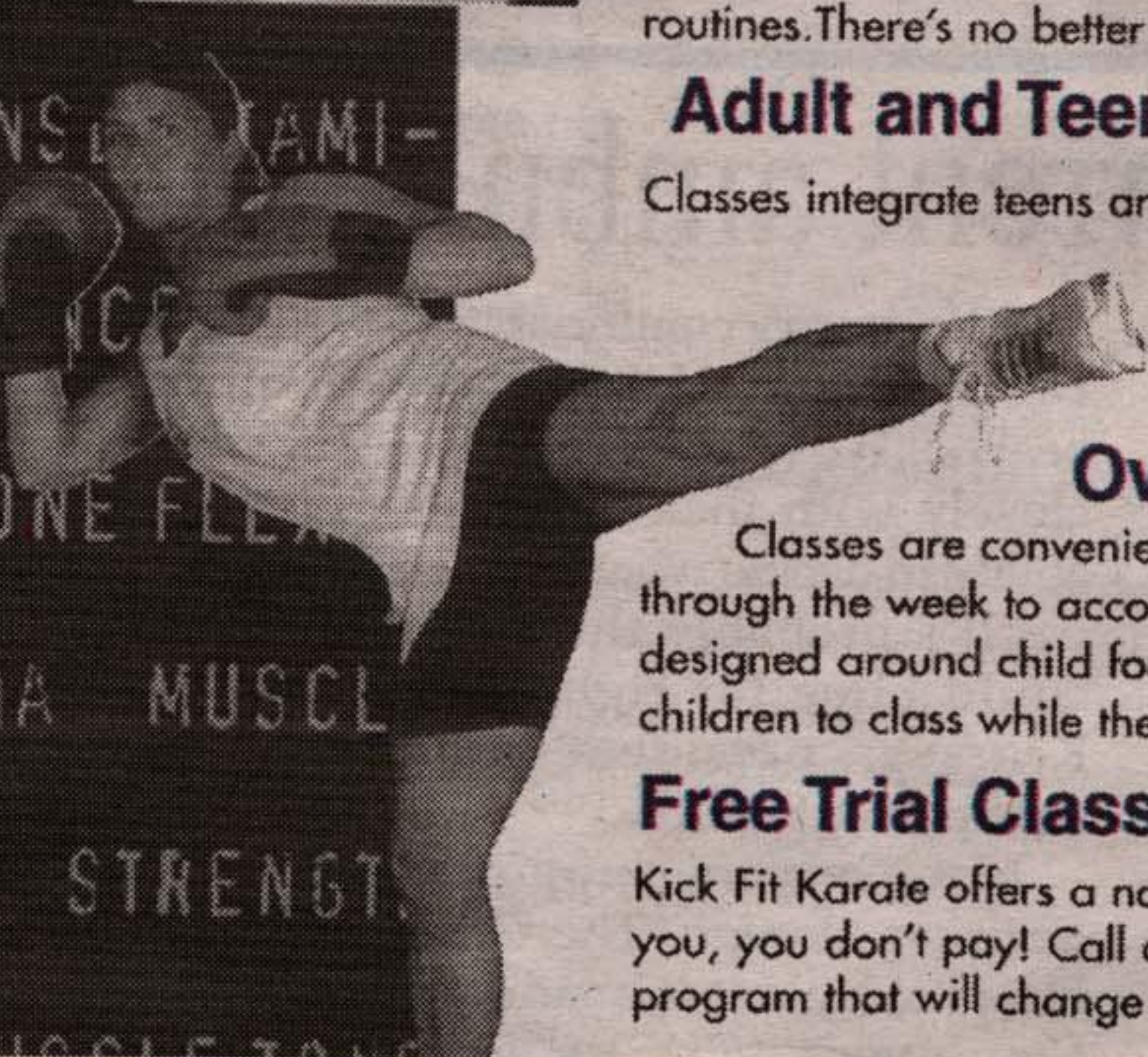
- Self Defense
- Cardio-Vascular Fitness
- Sparring/Groundgrapping
- Okijawan Weaponary
- Child Awareness & Stranger Response Techniques

CALL AND ARRANGE FOR A FREE TRIAL CLASS

Are you ready for a Workout?



kick fit KARATE
The Total Body Workout



Kickfit Karate

The Total Body Workout

The Most exciting NEW way to get fit!

Kick Fit Karate is a fast paced, high adrenaline fitness program. You get an aggressive work out with our unique kicking and punching routine. Each class is designed to give you a total body work out with maximum impact on results!

Karate Techniques Done to Music

Learn karate and self defense techniques while being motivated by up-beat music. Train with a qualified Kick Fit instructor who will instruct and help motivate with effective kicking and punching routines. There's no better way to relieve stress!

Adult and Teen Classes

Classes integrate teens and adults in the same work out as well as give emphasis to each age group. Both older and younger men and women alike are able to work at their own pace while receiving the encouragement from qualified instructors.

Over 20 Classes offered per week

Classes are conveniently scheduled at different times through the day and through the week to accommodate your busy schedule. Kick fit classes are designed around child focused karate classes to allow mothers to take their children to class while they work-out in their own private training center.

Free Trial Class

Kick Fit Karate offers a no obligation trial class, if Kick Fit isn't right for you, you don't pay! Call and schedule a class today, and try a fitness program that will change your attitude towards fitness!



Pam Boreland

Pam Boreland is the chief instructor and has been in the martial arts industry for over 9 years. Fitness and Health were Pam's main focus when she started and developed Kick fit Karate. Pam has taken the essential elements of a Kick Boxer's routine to create the total body workout.



est. 1991

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(BESIDE GEORGETOWN CINEMAS)