



# BORELANDS

HOME OF CHAMPIONS

## 905-873-9489



148 Armstrong Ave., Georgetown

# YOUR ONE STOP SHOP FOR FAMILY FITNESS



### PROGRAMS WE OFFER...

- Kids Karate
- Adult Karate
- Youth Jiu-Jitsu
- Adult Jiu-Jitsu
- Youth Boxing
- Kick-Fit Kickboxing
- Ultimate Fighting
- Personal Training

### MULTIPLE WINNER...

Multiple winner of 'Halton Hills Reader's Choice' award, Boreland's karate program is designed to instill confidence, foster athleticism and teach responsibility.

Our renowned Little Bushi program ensures that children as young as four learn in a fun, safe and non-threatening environment. We teach respect for elders and street-proofing. Our Junior Black Belt program focuses on technique and fitness. Adults come to learn the ancient art in a contemporary environment.



### WE HAVE ADDED...

We have added some new programs to our awarding winning Karate classes.

Come in and visit Boreland's, find which one of our courses will help you become a champion.



### ULTIMATE FIGHTING

Also known as Mixed Martial Arts (M.M.A.), Ultimate Fighting combines the technical art of kickboxing with the skill of wrestling, the power of boxing and the grace and speed of jiu-jitsu. Boreland's Combat Team continues to distinguish itself on the international stage as one of Canada's top ranked mixed martial arts teams.



### BRAZILIAN JIU-JITSU

Boreland's is proud to be part of the Carlson Gracie Jiu-Jitsu network. Our instructors are certified under Marcus Soares and have won medals in local, national and international competition.



### PERSONAL TRAINING

Boreland's is pleased to offer our members state-of-the-art fitness equipment. Our personal trainers are Can-Fit Pro certified and available to help you in your quest to gain or lose weight, gain muscle or just feel better. Training is customized to suit your schedule and body type. Call us for more information.

