



# FALL SPECIAL

## 8 WEEKS

# FOR \$888

RECEIVE COMPLIMENTARY UNIFORM

(\$60.00 Value)

NEW Private Personal Training Session

(\$40.00 Value)

NEW Fitness Consultation

(\$35.00 Value)



Family Programs Available

### Adults

- Lose Weight
- Get Fit
- Learn to Defend Yourself
- Meet People
- Have Fun

Allan F. Macatangay  
B.A. (KINE), PTS, CFC

- Kinesiologist
- Personal Trainer Specialist
- Certified Fitness Consultant



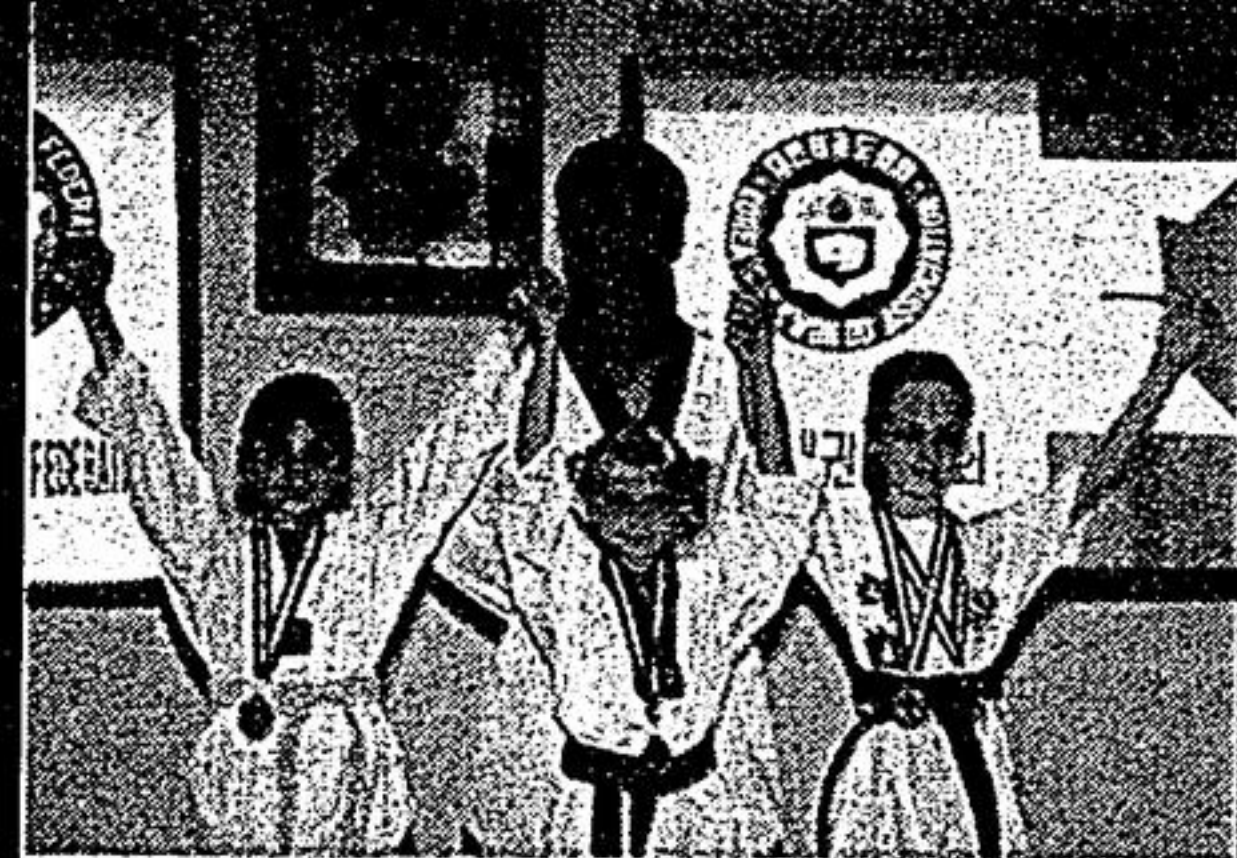
PRIVATE PERSONAL TRAINING NOW AVAILABLE AT THE MARKHAM SCHOOL LOCATION!



MASTER H.S. MYUNG

6 TIME CANADIAN NATIONAL TEAM COACH & TRAINER

- Former Body Guard of Korean President
- WTF Tae Kwon Do Association of Canada Tournament Committee Chairman
- Master Myung 7th Degree Black Belt Master Instructor



Canadian Junior National Champions

### Children

- Builds Self Esteem
- Builds Self Confidence
- Teaches Respect
- Teaches Discipline
- Have Fun

New Services Available:

- Private Personal Training
- Fitness Consultation
- Exercise Therapy
- Individualized Exercise Prescription/Programming
- General Nutritional Consultation

Voted Markham's #1 Martial Arts School

#### WOODBINE

16TH AVENUE
HWY 7
8261 WOODBINE ABOVE ALIVE & WELL
STEELES

(905) 477-5100

8261 Woodbine Ave.  
South of Hwy. #7

Readers Choice Award



#### MARKHAM EAST

16TH AVENUE
5694 HWY. 7 ABOVE SHERWOOD PLAZA
HWY. 7
STEELES

(905) 471-5205

5694 Hwy. 7  
east of McCowan

Readers Choice Award



#### STOUFFVILLE

5402 HWY. 48 ABOVE STOUFFVILLE FURNITURE
MAIN ST.
9th Line

(905) 640-KICK

5402 Main St.