

MARTIAL ARTS AND FITNESS FOR EVERYONE!

Classes Begin September 9, 2013

At Sebek's Martial Athletic Club we focus on cardio, strength and flexibility in an appropriately structured class. The Children's Program consists of Martial training that includes pad work, balance, and coordination. Adult/Teen And Women's Only classes use a variety of pad work and equipment to keep the training progressive and fun!



\$80.00 Per Month +tax (2 Classes Per Week)

Mondays - Georges Vanier Elementary

Wednesdays - Woodward Hill Elementary

Children's Class

5:00pm - 6:00pm

Adults and Teens Kickboxing Bootcamp

6:00pm - 7:00pm

Women's Only Kickboxing Bootcamp

7:00pm - 8:00pm

FREE ONE WEEK TRIAL!

MAXIMUM 10 STUDENTS PER CLASS!

QUALITY OVER QUANTITY!

Mark Sebek - Head Instructor

778-388-2390

martialathleticclub@hotmail.com

www.martialathleticclub.wix.com/work

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