



***At Last,
A SAFE,
SLAM-BANGING,
SWEAT-POURING,
GUT-CRUNCHING,
AGGRESSION-
RELEASING
WORKOUT
FOR THE
SICK-OF-THE-SPA-SCENE
REPRESSED
KICKBOXER
INSIDE OF US ALL.***

Instructor: Doug Setter, BSc.
*Doug is a welter weight title holder,
Pilates instructor & certified aerobics
instructor*

GROUP RATES STARTING \$150

DROP-INS \$20

INDIVIDUAL \$90

ON-LINE STARTING \$45