

FITNESS KICKBOXING



IN SHAPE IN CONTROL

- High Intensity Cardio Workout!
- Get Fit & Have Fun!
- Renew Your Spirit!
- Meet New People!
- Gain Confidence!
- Create A Sculpted Shape!
- Develop A Positive Attitude!

Join in
January and
receive a
FREE
Kickboxing Kit
valued at \$60

Call **56656269** to book your
intro lesson now and receive a
Kickboxing Kit with shorts, handwraps,
membership book and armband if you
join by January 31st!



www.southerncrossmartialarts.com

Southern Cross Martial Arts Centre 2/54 Kingston Drive, Helensvale