

# ***Fitness – Fun- Self Defense For All Ages*** **On-Line V.I.P. Guest Pass**

*You Will Fit Right Into Our School*

## **KIDS:**

### **COMMITMENT TO SUCCEED**

Teaches children how to make commitments in their life  
that pay off forever!

Such as Developing Commitments...

- ★ To Learning & School Work
- ★ To Overall Health & Fitness
- ★ To Set & Achieve Goals
- ★ To Friends & Family
- ★ To Finish What They Start

**Tae Kwon Do ... a lifetime of benefits!!!**

## **ADULTS:**

### **Exercise with a Purpose**

- ★ Increase Energy
- ★ Reduce Stress
- ★ Muscle Tone
- ★ Weight Control
- ★ Reduce Cholesterol
- ★ Lower Blood Sugar

**Quick Start Program**

**4 Weeks FREE**

**Call Today to Start Getting Results. 518-279-0521**

**BRUNSWICK LEE'S TAE KWON DO**

**Building Character Since 1994**

**Offer good with printed copy only.**