

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.