

INTEGRATED MARTIAL ARTS WELLBEING CENTRE



STRENGTH



AND

CONDITIONING

★ STRENGTH DEVELOPMENT (BODY, MIND, HEART) ★

★ INCREASED MUSCULARITY, REDUCTION OF BODYFAT ★

✦ FRIDAY MORNINGS FROM 6:15 AM ~ 7:15 AM ✦

(87 Islander Rd, Pialba ~ Phoenix Court)

Price: Option 1 (Casual) \$8 adults or \$6 child • Option 2 (10-Visit-Card) \$70 adults or \$50 child

