

# INTEGRATED MARTIAL ARTS WELLBEING CENTRE



## CARDIO AND FITNESS CLASSES

★ EMPOWERMENT ... CONFIDENCE ... STRENGTH ... FITNESS ★

★ FRIENDLY ATMOSPHERE ... SUITABLE FOR EVERYONE ★



✦ MONDAYS FROM 5:50 PM TO 7 PM ✦  
✦ FRIDAYS FROM 5 PM TO 6 PM ✦

(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

