

# INTEGRATED MARTIAL ARTS WELLBEING CENTRE



## STRENGTH

## AND

## CONDITIONING



★ STRENGTH DEVELOPMENT (BODY, MIND, HEART) ★

★ INCREASED MUSCULARITY, REDUCTION OF BODYFAT ★

✦ FRIDAY MORNINGS FROM 6:30 AM ~ 7:45 AM ✦

(87 Islander Rd, Pialba ~ Phoenix Court)

Price: Option 1 (Casual) \$12 adults or \$10 child • Option 2 (10-Visit-Card) \$110 adults or \$90 child

