

INTEGRATED MARTIAL ARTS WELLBEING CENTRE



STRENGTH



AND

CONDITIONING

★ STRENGTH DEVELOPMENT (BODY, MIND, HEART) ★

★ INCREASED MUSCULARITY, REDUCTION OF BODYFAT ★

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

(87 Islander Rd, Pialba ~ Phoenix Court)

Price: Option 1 (Casual) \$10 adults or \$7 child • Option 2 (10-Visit-Card) \$80 adults or \$60 child

