

# COMBAT FIT

at Holden Martial Arts

**30 Minute Morning Workout (early & mid morning)**

**Tuesday & Thursday at 6:30 AM beginning 8/18/09**

**Tuesday and Thursday at 9:30 AM beginning 9/8/09**

It's an intense, bag pounding, stress releasing, & calorie burning program—  
and *it feels GREAT!*



You've heard it before—boxers are in the best shape. Now there's finally a workout that incorporates the training principles of boxers; 2 minutes on a heavy bag alternating with 1 minute of cardio or resistance. By yourself or with a friend, this **drop-in 30 minute workout** turns you into a lean, mean fat-burning machine and you



**Pay-As-You-Go:**

**Just \$5 per class**

*(cash only please - payable before classes begin)*

*Classes are held on the matted floor at Holden Martial Arts; participants must either change into workout footwear (no outside shoes) or workout barefoot.*

*For your protection - bag gloves will be required as the workout includes intense heavy bag use - we have a limited supply for \$20 each (regular price is \$35)*

**First Class FREE**