

A BETTER BODY DISCOUNT SPECIAL FOR GET GOING GADSDEN RESIDENTS

NEW STUDENTS ONLY-SIGN UP FOR 3 MONTHS
SAVE **50%** WITH THIS COUPON FROM LIST PRICES!
ALL STUDENTS MUST PURCHASE A UNIFORM

Expires 12-28-11 Capital Health Plan Reimbursement for Training with Us!

Alpha
UPKUDO
Martial Arts
& Fitness

**Fall Winter 2011
CLASS SCHEDULE**
1412 FL GA HWY Havana FL

www.upkudo.com
514-4334
566-4544

Monday

6:00 - 7:00pm
Kickboxing, Strength
Conditioning, & Body
Sculpting class.
Sonia Clark

Wednesday

6:00-7:00 pm
Children's Karate Age 5-12 yrs.
Mr. Brandon/Mr Chris

Adult/Teen Karate
Sensei Barnie/Master Anne

Thursday

6:00-7:00pm
Kickboxing/Conditioning
Weight & HIT Training
& Floor Routines
Body, Balance, Speed,
Coordination and Agility
Master Anne/Sensei Liz

7:00 - 8:00 pm
Adult/Teen Karate: Kata,
Self Defense,
Sparring, Tournament
Training
Master Anne

DISCOUNTED MONTHLY FEES FOR GADSDEN-NO REFUNDS

- \$30** Kickboxing/Conditioning 2 classes a week
- \$25** Kickboxing/conditioning 1 class a week
- \$40** for one karate class a week
- \$50** for 2 classes of karate a week
- \$75** for 2 karate classes & 1 kickboxing class **or**
2 kickboxing & 1 karate class

Private Lesson, Life Coaching or Personal training
1 hour session \$80 30 minute session \$40
Uniform \$45 / Testing For Rank Additional

**Group Fitness
Available in
Groups of 15
or More**

3 month Saver!

- Pay **\$75** for 3 months of kickboxing once a wk
- Pay **\$100** for 3 months of kickboxing twice a week
- Pay **\$150** for 3 months of Karate 1 times a week
and kickboxing one time a week
- Pay **\$125** for 3 months of karate 1 time a week
- Pay **\$100** for 3 months of karate 1 time a week per child
if additional family members are coming

Call 566-4544
for Appointments With
Master Anne for Life Coaching
& Counseling, Personal Training
Private Lessons
Self Defense Training