

**Alpha**  
**UPKUDO**

**Karate, Self Defense & Zumba**  
**Personal or Group Fitness Training**

**TRAIN  
WITH  
YOUR  
FRIENDS  
& FAMILY  
at our  
place or  
yours**

**\$5** per person

for Fitness 10 or more per class

**\$10** per person

for Karate and  
Self Defense Classes



**Fitness Classes**

**514-4334 or 566-4544**

1412 FL GA HWY ~ [www.upkudo.com](http://www.upkudo.com) ~ [www.abetterbody.us](http://www.abetterbody.us)