



Next to  
Pick-n-Save  
in the  
DeForest  
Town Center

# TOTAL FITNESS TRAINING

## ■ POWER PUNCH CARD SYSTEM

Packages are sold as punch cards and are good for 10 weeks from the date of purchase.

**TUES 7 pm: R.I.P.P.E.D. – resistance, interval, power, plyometrics, endurance**

**THUR 7 pm: alternates between Super Circuit and Kick Boot cross fit type classes**

**SAT 8 am: alternates between Super Circuit and Kick Boot cross fit type classes**

**PUNCH CARDS** available for 8 classes each:

1 CARD = 8 classes, **\$35**

2 CARDS = 16 classes, **\$55**

3 CARDS = 24 classes, **\$75**

**STOP IN and get your Power Punch Card *TODAY!***

**Punch in. 846-5111 karatedeforest.com**