



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

TOTAL FITNESS TRAINING

■ GET STARTED ANYTIME!

Packages sold as punch cards (see below)

TUES 7 pm: **Core Fitness** – resistance, interval, power, plyometrics, endurance

THUR 7 pm: alternates between **Super Circuit** and **Kick Boxing Fitness** classes

SAT 8 am: alternates between **Super Circuit** and **Kick Boxing Fitness** classes

PUNCH CARDS available for 8 classes each:

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

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

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

** NEW students get **free boxing gloves** with a 3-card purchase!*

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

Punch in. 608-846-5111 karatedeforest.com