

PAMA Announces a New Class For Beginners



Safe, Fun & Effective

- ▶ Real Kickboxing Drills
- ▶ Full Spectrum Work-outs
- ▶ Improve Cardio Fitness
- ▶ Lose Weight & Gain Muscle
- ▶ Have FUN!
- ▶ Learn Effective Self-Defense Skills

- ▶ Instructors: Mr. C and Mr. Wilson
- ▶ Times: Monday & Friday, 6-7pm
- ▶ Cost: \$50 month, once a week
\$70 month, twice a week

1st Week FREE!



PETALUMA ACADEMY OF MARTIAL ARTS
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