

# FITNESS KICKBOXING

**GREENVILLE COUNTY SCHOOL  
EMPLOYEES ONLY \$8 PER. CLASS**

**“MY NEW  
WORKOUT  
HAS ATTITUDE!”**

**AEROBIC WORKOUT  
MUSCLE TONING  
SELF-DEFENSE ALL IN ONE CLASS**

“Just like you, I’ve tried the gyms, exercise classes, DVDs at home, but something was missing—until I discovered Fitness Kickboxing. I LIKE THIS! It’s a healthy, heart-pumping workout...energizes my mental power...reduces stress and anxiety...AND I’m allowed to hit something! Try Fitness Kickboxing...I think you’ll like it too!”

**\*\* Classes Held \*\***  
**Saturday 10:00 am - 11:00 am**  
**Taught by 7<sup>th</sup> Degree Black Belt**  
**Carlos Howard**



**Sam Chapman's American Karate**  
**2421 New Easley Highway, Greenville, SC 29611**  
**351-8484**

**Contact Person: Carlos Howard**  
**Check us out at [www.scakarate.com](http://www.scakarate.com)**



**LOGO**

Ichimonji Karate  
1976 Budo Street  
Tampa, Fl. 33607  
813-867-5309