

Kaerobox Fitness Program



6 Week Training—Fitness Program

- Personal Training Sessions—weekly personal instruction on resistance training & weight lifting.
- Meal Supplements—all natural daily meal replacements for nutrient replenishment & muscle development.
- Personal Profile—tools for monitoring progress and personal management.
- Health Magazine Subscription—positive literature & valuable information on healthy living.
- Cardio Program—choice of Kaerobox or Boxing/Kickboxing program for cardio. This is essential for weight loss.

The Kaerobox Fitness Program is a total body program that helps you develop healthy habits that last a lifetime. The program focuses on 4 major areas: 25% Diet, 25% Resistance, 25% Cardio, 25% Rest, for 100% total benefit.

SRKC Martial Arts

Tony Thornton

www.srkcma.com

tonyt@srkcma.com

816-668-7752

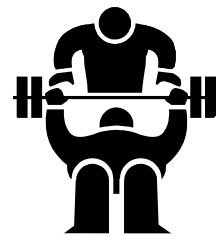


DO IT FOR LIFE, FOR HEALTH, FOR FUN

Special Offer

\$199 ~~\$299~~

SRKC MARTIAL ARTS
Offer Expires June 30, 2005



SRKC
MARTIAL ARTS
Kaerobox Fitness Boxing Karate