

# AmeriKick®

Martial Arts & Fitness

## Martial Arts Is Great For The Whole Family

### MARTIAL ARTS

By now you've probably heard how AmeriKick can help kids and adults learn *lifesaving self-defense skills*. Sure, we teach them how to kick and punch, but that's just the start. The truth is AmeriKick does so much more for students of all ages.



**4 Weeks**

**Karate Classes  
\$99**

**\*Includes 4 weeks of classes and a FREE AmeriKick Uniform**

### FITNESS KICKBOXING

*Muscle and Fitness magazine rates Fitness Kickboxing the number one fat burner, with over 800 calories burned in a one hour class!*



**4 Weeks**

**Fitness Kickboxing  
\$49**

**\*Includes 4 weeks of classes and FREE Bag Gloves**

- Classes for Men, Women, Teens & Children
- AmeriKick offers: Focus, Confidence, Courtesy  
Self-Control, Self-Defense & More!
- Ask about our Birthday Parties!

- Classes for Women, Teens & Men <
- Kickboxing, Bootcamp, & Sculpting <
- Personal Training available <



www.amerikick.com

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