

**Are you tired of the same,
old boring exercise routine?**



**WE MAKE
EXERCISE
FUN!**

Adult Martial Art Students
have fun while they get in shape
and learn valuable self-defense
techniques

Come see why we make
exercise fun!

**West Family
Martial Arts**

**Come and check out our adult
classes every Tuesday and
Thursday evenings at 7:20 pm. It's a
great way to get in shape and it's an
activity the whole family can enjoy!**