

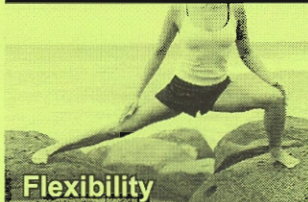
周合拳

☆ LADIES ONLY ☆

# BETTER BODY ☆ MARTIAL ARTS BOOT CAMP

周合拳

a special program designed by JOW HOP KUEN Gung Fu Academy



Flexibility



Discipline



Confidence



Strength

UPPER BODY STRENGTH

DEVELOP YOUR  
CORE

GAIN MUSCLE

SUPER AB WORKOUT

LOSE WEIGHT

LEARN ABOUT REAL  
MARTIAL ARTS

BASIC SELF-DEFENSE

*Get in Shape & Learn  
Real Self-Defense!*

3 Saturdays to Choose from:

**Feb. 25 • Mar. 4 • Mar. 11**

2 Sessions per day • Session 1 – 10am to 12:15pm • Session 2 – 1:00 to 3:15pm

1 session = \$49.95 • 2 sessions = \$79.95 • 3 sessions = \$99.95 (\$15 for each additional)

**Call Today to Reserve Your Spot – 301-565-9325**

905 Bonifant St. Silver Spring, MD 20910  
info@jowhopkuen.com • www.jowhopkuen.com