

BOX.R.CISE

Fighting to keep fit!

- Female instructor
- A great workout
- Improve core strength
- Reduce stress
- Build self-esteem
- **HAVE FUN!**

About Your Instructor

Born into a family of martial artists, Ginger has been training since the age of five in martial arts and self-defense. Continuing a family tradition of teaching, she is proud to provide self defense classes and fitness programs for women, **finally taught by a woman.**



Wednesday 6:30 – 7:30 PM
4245 Hillsboro Blvd. Coconut Creek
6 Classes for ONLY \$65.00!

DON'T WAIT, CALL TODAY!
(954) 752-5965

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