



Martial Arts Is the Ultimate Mind/Body Workout

***Enroll in our free
beginner's course
(a \$90 value)
with this coupon!***



Our martial arts classes for adults will train you to be in the best shape of your life and develop key mental-focus points – guaranteed!

- A complete body workout that burns fat and tones muscle.
- Increase self-confidence, self-esteem and focus.
- Life-saving, self-defense skills.
- Therapeutic stress relief.
- Enhanced stamina, blood flow, flexibility and coordination.

*Contact our school today
for more information.*

**Self Defense America
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(936) 591-8551**

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