



"the mark of champions"

레슬링하는 용암



COMBAT CONDITIONING CLASSES

Sunday's 3:30-4:30pm-Aug 14 thru Oct 23

*******Get in shape in 10 weeks or less*******

Sick and tired of the regular gym routine? Rather than sitting on the couch watching TV, want to try something new and different? Get healthy and stay in shape with ropes, resistant bands, kettle bells, mace bells, sledge hammers, plyometric boxes, tires, basic calisthenics and a coach who will not allow you to slack off!

Great for adults, youth athletes of any sport, or anyone who wants to get in the best shape of their life. Classes designed to meet all individual pace and skill level. No experience required except your ability to push yourself and your refusal to quit!

COMPLETE 8 CLASSES AND EARN A COMBAT CONDITIONING SHIRT!



Classes run every Sunday between Aug 14 and Oct 23 from 3:30-4:30pm

Have shower and locker facilities-towel rentals \$1; Bottled Water 2 for \$1; Gatorade \$1

Drop in and train for \$20/class or \$100 for all 10 Sunday classes; friends and family members \$10/class or receive 20% off on all 10 classes

*****NO CLASS ON AUGUST 28TH*****

All classes held at: Kolat Training Center, 536 Cranbrook Road Cockeysville, MD 21030; 410-499-1610