

Only Results Count!

NEW! COMBAT FITNESS & SELF DEFENCE

Get In The Best Shape Of Your Life!

Brand New Class

Starts 6pm on **Wednesday 22nd February 2012**
at Noosa Leisure Centre

Taught by **Martin Day**

*Army Physical Training Instructor & Self Defence Master Instructor - 20 years British Army
Special Forces & 6th Dan Karate Black Belt*



**You will improve cardio, learn self
defence and start feeling more
confident FAST!**

- Expert No BS Training For Fast Results
- Get Focussed, Powerful, Strong & Flexible
- Relieve Stress, Nerves & Irritability
- Dynamic, Lead By Example Training in an Inspirational Atmosphere

**CALL NOW AND GET
2 WEEKS FREE TRAINING
& A PRIVATE LESSON!***

*limited to the first 5 callers!

**Ph: 0410 456 150
or 5448 3543**



MARTIN DAY'S



COMBAT KARATE

**No Lock-In Contracts
Pay As You Train**

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