

# INTEGRATED MARTIAL ARTS WELLBEING CENTRE



## STRENGTH

## AND

## CONDITIONING



★ STRENGTH DEVELOPMENT (BODY, MIND, HEART) ★

★ INCREASED MUSCULARITY, REDUCTION OF BODYFAT ★

✦ FRIDAY MORNINGS FROM 6 AM TO 7 AM ✦

(87 Islander Rd, Pialba ~ Phoenix Court)

