

**NEW!!!**

# Super Kick Karate

**Male & Female, 7-Adult**  
Taught by Black Belt, Clif Butler

Our unique Super Kick Karate and Self-Defense Program will give you the fitness you seek PLUS:

- Flexibility
- Muscle Tone
- Self-Defense Knowledge
- Self-Confidence and Control
- Improved Cardiovascular Fitness

**Saturdays, 1PM Jan. 21-March 3**  
(6 wks—No class Feb. 18)  
**\$25 Members/\$36 Non-Members**  
Call Or Stop in to Register.

**Free Introductory Session!**

**Saturday, Jan. 14**  
**1pm**

- Open to the Public
- Demonstrations
- Refreshments

