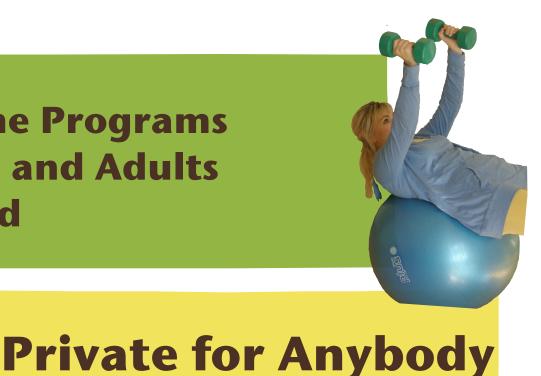


## **GMAS KARATE**

## PERSONAL TRAINING

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Private Lesson for Kids and Adults
No experience required





losing weight,
toning,
self-defense, kata,
Weapons, Sparing,
Stretching, Cardio,
or generally to feel
batter about
yourself.

whether it be



