



**TonicS**  
fitness centre

In association with  
Kelly Askew of  
Invicta Kickboxing  
Club.

# KICKBOXING MIXED ABILITY

For all levels-from beginner to improver

**8 Weeks from August 12th**  
**WEDNESDAY 7-8PM**

- \*IMPROVE MUSCLE TONE,
- \*IMPROVE FITNESS,
- \*BURN FAT ,
- \*TONE THAT BUTT,
- \*LEARN A NEW SKILL.



## Prices

**K.S.P-£30**

**LIFESTYLE-£32**

**STANDARD-£38**

**NON-MEMBERS-£45**

**Due to demand –  
this course fills up  
quickly.  
BOOK NOW!**