



250 Halstead Ave.
Harrison, NY 10528
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www.brucechung.com

NEW

PRE-TEEN/TEEN "STRENGTH & CONDITIONING" CLASSES FOR AGES 12-17.

Tuesdays 7:30 to 8:30pm

How would you like to get into great shape for all those extra-curricular sports you'll be doing this year? Our fantastic "Strength & Conditioning" Classes are offered every Tuesday from 7:30 to 8:30pm for those students hoping to shape up for fall sports or just shape up to feel great! You can sign up for one or as many as you wish. Classes will not be Tae Kwon Do but will encompass all elements of fitness including strength training, cardio vascular endurance, flexibility and agility. Students will use a variety of fitness equipment including free-weights, bands, medicine balls and steps. Parents will be expected to fill out a fitness questionnaire and waiver. All students will be required to wear sneakers to the class. Sign up now, class size is limited. Price is \$25 per class.

You do not have to be a member of Bruce Chung's Tae Kwon Do to attend the "Strength & Conditioning" classes.



STRETCH YOUR CHILD'S MIND AND BODY AT GYM-MINI-KICK-IT!

Mommy & Me Classes for children 14 to 36 months

Me Only Classes for children 30 to 36 months

Our classes improve toddler's coordination, balance, flexibility, strength, self-confidence and group coordination.

Bring in this coupon for a free class. (New students only)

Call to reserve your spot.

Expires 12/21/07



ADULT BOXING/FITNESS/CONDITIONING SEMINAR

Tuesday, October 23, 2007 – 7:30 to 9:00pm

\$50 Per Person

FEATURING:

WBC WORLD BOXING CHAMPION - ANN-MARIE SACCURATO!

AND

3 TIME GOLDEN GLOVES CHAMPION - ANGEL BOVEE

**HERE'S THE PERFECT OPPORTUNITY TO LEARN FROM A PRO!
OUR SUPER-CHARGED, FUN AND EDUCATIONAL SEMINAR WILL INCLUDE: EXECUTION OF PROPER BOXING TECHNIQUE, SHADOW BOXING, MITT WORK, BOXING DRILLS AND CARDIO CONDITIONING.
BRING YOUR WRAPS AND GLOVES AND BE PREPARED TO SWEAT!**