

# Combat Fitness

**Combat Fitness with Sibora is the Number One Fat Burner!! For All Fitness Level.**

**BRING A FRIEND!**

**Starts 09/06/11**

**Tues & Thurs  
5:30pm to 6:10pm**

**& Saturday  
9:00am to 9:40am**

**Enroll Now**

**Have Fun While Getting  
in SHAPE...FAST!!**

With our CrossFit program, we will get you in shape fast thru Mixed Martial Arts training. This fitness program utilizes the movements of:

- ◆ Boxing
- ◆ Kickboxing
- ◆ Kenpo Karate
- ◆ Plyometric Exercises
- ◆ And Mixed Martial Arts combat training

**Get Yourself Fit, Look Good and  
Feel Great!**

**Sibora Chan's  
American Kenpo Karate Studio  
1230 Greensprings Drive  
York, PA 17402**

**717 . 751 . 4800**

**Email: [sibora@scakks.com](mailto:sibora@scakks.com)**

**3 Classes & a  
FREE  
Pair of Gloves  
ONLY \$19.95**

