

# **Try Our Adult Martial Arts Program & Expand Your Potential**



Martial arts training at our studio increases flexibility and range of motion making it perfect for adults over 30

When you participate in our adult martial arts program, you'll benefit from:

- *Increased Flexibility*
- *Reduced Stress*
- *Quick Weight Loss*
- *Stronger Muscles*
- *More Stamina*
- *Easy Self-Defense*

**Call us today to schedule your first introductory lesson!**

**Sabah Saud Schools**

**444-1616 or [www.SaudKarate.com](http://www.SaudKarate.com)**

**10% discount off any program**

**For FWCS employees**