

Coach David Alexander's



KICKBOXING

30 Min. Cardio Kickboxing Private Lesson for Only *\$20 a Session!

Now at Xtreme Fitness 370-5636

Men Women Kids

- Increased Energy
- Boost Confidence
- Lose Body Fat
- Relieve Stress
- Improve Cardio
- Tone Muscles



ONLY *\$20 for a 30 Minute Private Lesson.

Choose 1 on 1 or share your time with a friend for just *\$15 a person.

*multiple session discounted price.



SEE MORE AT COACH Z TRAINING.COM

For more info contact Xtreme Fitness at (360) 370-5636 or email

Coach David Alexander at coachalexander@gmail.com