

KENPO KARATE

TUESDAYS 6:30 – 7:30 P.M.

CHALLENGE YOUR MIND, BODY & SPIRIT!

KENPO KARATE is:

- *A time tested self defense system
- *An excellent form of physical fitness
- *A way to improve your self discipline
- *A way to improve your self confidence

The instructor, Terry Neill, has had over 35 years experience teaching Kenpo Karate and holds a 5th degree black belt in that system.

**CLASSES WILL BE ONGOING
\$40.00 PER MONTH**

**CLASSES TO BE HELD AT: NORM'S XTREME FITNESS
120 W. 3RD STREET, PRINEVILLE, OR. 97754**

GYM MEMBERSHIP NOT REQUIRED

FOR INFO CALL TERRY NEILL 447-7399