

N.M.A.C FIT CLUB of Mt. Lebanon

Start getting Fit Today

and

Step into a healthy body!

Nam's Martial Arts Center
256 Washington Rd., Mt. Lebanon, Pa. 15216
(412) 344-5557

www.NAMSKOREANKARATE.com

- Conveniently located on Washington Road between Scott and Bower Hill

- Free Parking

- Monthly Membership

- No Initiation Fees and Contracts

- Comprehensive Workout

**Refer a Friend and Receive 10% OFF
your Monthly Membership Fee**

Redeem this coupon for

ONE FREE WEEK of Unlimited

N.M.A.C. Fit Club classes

Redeem this coupon for

ONE FREE MONTH of

Martial Arts Training



CARDIO - SCULPT

A combination of aerobics, step aerobics, interval training, and strengthening exercises that provides for a great workout by increasing your cardiovascular and muscle strength along with burning fat and increasing endurance.

Member Fee

\$30 per-month for unlimited cardio-sculpt classes or \$7.00 per-class for individual classes.

N.M.A.C "FIT CLUB" Class Schedule

Monday, Tuesday,
Wednesday, Thursday
8:00pm - 9:00pm

Saturday
9:00am - 10:00am

