



# CARDIO COMBAT IS BACK!

High-Intensity Interval Training combined with Kickboxing, Abdominal workouts, Partner workouts, all packed into 1 hour sessions!

When: 9:00 a.m.-Saturdays, starting in October!!

Where: Dick Harrell Martial Arts—627 Minuet Lane, Charlotte, NC

Contact: 704-619-2024

Cost: \$20 per class-Packages available!

**D H M A**

CHARLOTTE, NORTH CAROLINA