

FUSION KICK FIT

Strong, Fit & Able



Buddy's Day @ Savannah Middle School

I am super excited about the progress the Clyde-Savannah teachers are having with my cardio kickboxing class. So for a limited time, I am offering a free class to anyone of my client's friend. Now they can also experience what my clients already know. That is, the Fusion Kick Fit classes offer a **comprehensive work out from head to toe.**

So go a head, share the fun of fitness with your friends. Now you have an opportunity to invite your friends to attend a class with you. Invite your friends to a free class on **Monday - March 16, 2009** or **Thursday - March 19, 2009**

Please tell your friends to bring a yoga/pilate mat or a bath towel if they don't have one.

Thanks,
Mong

A handwritten signature in black ink that reads "Mong Phu".

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