



PUNCH

FITNESS

*This ain't your cousin Max's gym
Work like a pro... with the pros!*



1968 Avenue Road, (entrance at back door) Toronto, ON M5M 4A1 647.988.8676
www.PunchFitness.ca





Punch Fitness offers benefits not available in other group classes

- Burn 800-1,000 calories in a single hour workout!
- Complete workout experience including:
strengthening, toning, and building endurance through functional fitness
- Limited class sizes ensure low client trainer ratios

****New for 2012 ~ Children and Youth Classes****

At Little Tigers Boxing and Tae Kwon Do, your child will learn:

- Self Defence
- Anti-Bullying methods
- Courtesy, Respect and Self Control
- Commitment and the Will to Continue when Facing Challenges
- Better Focus and Concentration Skills



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