



Self- Development

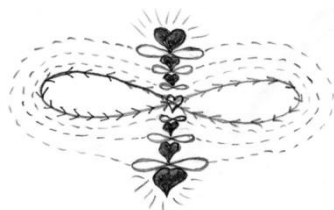


INTEGRATED MARTIAL ARTS TRAINING

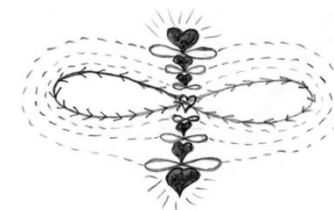
(An initiative of the Integrated Development Academy)

3rd Degree Black Belt Instructor: Michael Green

Nick combines years of training experience in a variety of Martial Arts to bring to this local area a very effective integration of skills and energies to be shared with anyone who feels called to the Way of the Peaceful Warrior.



- Focused strongly on Holistic WellBeing & Harmony of Mind, Body & Spirit
 - Get physically fit and healthy
 - Decrease body fat level and increase strength and muscle tone
 - Kids and parents can join in together
 - Great form of Self-Development and Inspiration



★ THE WAY OF THE PEACEFUL WARRIOR ★

★ Men & Women, Boys & Girls of all ages welcome.

★ Very friendly and welcoming atmosphere

★ Training lessons are on Monday nights from 6 pm till 7:30 pm at the Hervey Bay PCYC ★ Tuesday & Thursday Nights from 6 pm till 7:30 pm at the Dundowran Recreation Hall ★ Wednesday Nights from 6 pm till 8 pm at Dan's Boxing & Fitness gym.

★ Personal Training sessions also available ★ Martial Arts/Health & Fitness Equipment available for sale ★

Class Prices are: Monday's PCYC class = \$5, Tuesday's & Thursday's Dundowran class = \$6

Wednesday's MMA class = \$5, Personal Training sessions = \$35 per hr

Membership/Insurance fee only \$20 per year or \$12 per semester

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