

10 GREAT REASONS WHY YOU SHOULD ENROLL



IN A MARTIAL ARTS & FITNESS CENTER KARATE PROGRAM

1. You are interested in improving your Body, Mind and Spirit!
2. There are 168 hours in a week. Investing 2 - 3 hours per week to improve yourself is time well spent!
3. At approximately \$6 to \$8 per class, a MAFC Karate program is an extremely cost effective alternative to gyms and health spas. We also offer family discounts coupled with a variety of payment plans.
4. Martial Arts & Fitness Centers have been in business for almost 30 years and have two convenient locations in the Western New York area.
5. Our instructors are personally trained and certified by renowned instructor, author, competitor and coach, 7th Degree Black Belt, Bill Adams.
6. There is a wide range of classes to choose from - all belt and beginner classes are conducted seven days per week - afternoons and evenings. Spend your lunch hour with us. A Karate class provides a welcome alternative to sitting in front of the television evenings and weekends!
7. Martial Arts & Fitness Centers Karate classes provide men, women and children an opportunity to get in shape while learning a vital skill.
8. It is a terrific way to meet new, and interesting, people, who like yourself are interested in personal development. Our members are architects and accountants, marketing and financial consultants, doctors, lawyers, sales executives and police officers, and parents, students and skilled laborers, artists and artisans. We also organize numerous extra-curricular activities including seminars, workshops, tournaments, outings and parties.
9. You are bored or unchallenged by other workouts. A Martial Arts & Fitness Centers program is stimulating, educating, and challenging physically, spiritually and mentally! We encourage our students to remain focused on their goals through energizing classes and regular stripe and belt exams with a view to ensuring optimum interest levels.
10. **BECAUSE YOU ARE WORTH IT!**

Want more reasons? Check out bestinmartialarts.com where you can also find out more about other programs like tai chi, kenpo, kendo, aikido and judo/grappling classes!