

Katarina's
HIIT&RUN™
PRACTICAL SELF-DEFENSE SYSTEM FOR WOMEN



Free Saturday, February 3 at 2 PM - 5 PM



Text DEFENSE to 52236 or call 508.832.4110 Ask for Anne
Katarina's

HIIT&RUN™

PRACTICAL SELF-DEFENSE SYSTEM FOR WOMEN

Fitness With a Purpose

www.MccoysActionKarate.com

Created and Taught by Women for Women

Hiit & Run at MAK Registration

Name: _____ Phone: _____

Number attending: _____ or register at www.MActionKarate.com/hiit/

MAK - 770 South Bridge St, Auburn, MA 01501
508.832.4110 www.MccoysActionKarate.com