

合気道

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EVERYONE

Sweat, Lose weight, Decrease body fat, Develop and Tone your Muscles

KNOWS THAT

Gain Flexibility, Increase Endurance, Capture Mental Clarity and Focus

BLACK IS

Alleviate Stress, Redirect Energy, Enjoy an Incredible Martial Arts Workout

SLIMMING.

Adult Programs

Adults of all walks of life deserve to be the best they can possibly be. Our Aikido training programs are for every level. Beginner, intermediate or advanced you'll get fit and fit right in.

Youth Programs

Teaching fitness and self esteem to children can never begin soon enough. Our boys and girls at Boca Aikikai are taught from a 20 plus year instructor so safety and wellness inside and out are our primary concern.

Specializing in:

- Womens Self Defense Classes
- Martial Arts For Kids
- Mens and Womens Fitness Training

and so much more...

Print This FLYER and Redeem for
For **FREE** Two Weeks Martial Arts
Training...**NOTHING HELD BACK**

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AIKIKALCOM

Located At
300 South Military Trail,
Boca Raton, FL 33486

Inside Sugarland Park

Complimentary First TWO Weeks Training for all new students...
With Sensei Richard Cinello

Call: 954-691-5377 Convenient Monday and Friday Night Training Classes

www.bocaaikikai.com

