

GET FITT



Families In Training Together
*Moms, Dads, Brothers,
Sisters, Aunts, Uncles,
Grandparents- All
Training together
to get healthier &
just have fun!*



[facebook.com/#!/upkudo](https://www.facebook.com/#!/upkudo)

www.upkudo.com ~ 1412 Florida Georgia Highway

Alpha UPKUDO karate classes boost confidence, improve fitness, and cements family bonds!

When one achieves & succeeds in their work, school or karate goals, everyone is supportive and happy for them. At Alpha UPKUDO karate, students work together while helping each other achieve goals and personal growth. You can help motivate, encourage, and enjoy each others company. Alpha UPKUDO also has family discounts. So don't just sit in the chair watching classes, come and join the family.

- *Helps bully-proof children
- *Sharpens Focus
- *Increases Discipline
- *Empowers Mothers & Daughters
- *Provides Bonding Time for Family Members
- *Teaches Control & Respect For Themselves & Others

Alpha UPKUDO
KARATE & FITNESS
514-4334

Good for 1 free class
in Karate or Fitness/Kickboxing
Classes Monday & Wed 6-7pm
or Thursday 6-7 & 7-8 pm
Only good for one use per person