



CARISMA

# Start Kickboxing, join us in February!

Would you like to feel stronger, faster, more agile, with improved body awareness and self confidence?

Kick boxing can help you with that...and it's great fun too! Give it a try at our next beginners course!

CARISMA train in Kelsey Kerridge every Tuesday and Thursday from 6:15 to 8:00pm, Sundays from 5:00 to 7:00pm and in Manor Community College Mondays from 6:30 to 8:30pm. It's an informal and friendly course, run by fully qualified and fully insured instructors.

## Come along, the first lesson is free!

Next beginners course starts on 16 February 2010 to run for 4 lessons. Don't miss the opportunity!

For more information please ring  
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Email us [info@carisma.org.uk](mailto:info@carisma.org.uk) or  
Visit our web site <http://www.carisma.org.uk/>

Monthly fees, per calendar month,  
payable in advance at the beginning  
of the month: £37 students - £44 standard  
**Great discounts** when paying monthly by Direct Debit