



CARISMA

# Start Kickboxing, join us in March!

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 18 March 2010 to run for 4 lessons. Don't miss the opportunity!

For more information please ring  
Massimo on 07879 610111 or 01223 501493  
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** (from £25 per month) when paying  
by monthly contract by Direct Debit