

The Fitness Course that Fits You

A ten week program that includes 3 fitness tests, an exercise plan, a nutrition plan, seminars, recipes, a team of people all working towards similar goals, and coaches to keep you on track. It can't get much better than that!

Sign up today at Watson's Family Karate School.

10 week course is :

\$325.00 for non-members

\$200.00 for members.

The next course begins

Saturday, October 4, 2008.



Watson's Family Karate School Inc.

40 Engelhard Drive,
Unit 9 and 10,
Aurora, Ontario
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YouFit™
the fitness course



Watson's Family Karate School Inc.

Tel: 905-727-7144



You want to get into shape. You want to eat healthy food. You want to lose body fat and gain muscle tone. You want someone to help you achieve your fitness goals.

Can you imagine yourself slimmer, more defined, glowing from the inside with healthy radiance? Can you imagine you ... fit?

YouiFit is a 10 week program designed to teach you everything you need to achieve your personal fitness goals. You will learn how to exercise right, how to eat for your health, enjoy seminars, get wholesome recipes and have companionship in your endeavors. You will leave this course with information you can use for the rest of your life.



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