

Your New Year's Resolution Solution is our Flab-to-Fit Seminar!

January 11, 6:30 p.m. – 9:00 p.m.

Our FREE seminar is open to everyone! You'll get:

- ✔ A FREE diet plan
- ✔ A martial arts trial lesson
- ✔ The opportunity to improve your health & happiness in the New Year!

Join Today for Special Deals & Discounts on Classes

Master's School of Martial Arts
123 Martial Arts Way, Your Town
(555) 555-5555
YourSchoolWebsite.com