



FREE !

- Quote on Gym Equipment & Mini
Corporate Gym Centre at your Business
- Complete Staff training System
(Free Quote no Obligation)

FREE !

Ladies or Mens Self-Defence 30 min. Lesson
-Releases from Choke-Holds -Wrist releases
-Vital point and pressure point releases
-Simple Easy to use - Practical - Effective
(Value \$60 no Charge to You No Obligation)

FREE !

Kids TKD/Martial Arts Class/ Lesson
*Focus *Concentration *Discipline *Fun
(No Obligation Whatsoever)

FREE !

Boxing 'Skills & Drills' Lesson/or
Martial Arts Tkd /or both
(No Obligation Whatsoever)
Value \$60 (No Charge to You)

FREE !

Body-Fat Analysis & Fitness /Lifestyle
consultation (No Obligation whatsoever)
Value \$60 (no Charge to You)

Healy's Guarantees Personalized attention from the Fitness & Self-Defence Guru Graham Healy
with over 30 years of Professional Experience.

PLEASE PRINT OUT THIS PAGE & CUT OUT THE ADVERTISEMENT YOU'RE
INTERESTED IN & BRING IT WITH YOU .

Or

Call Graham on Mob 0411 393 503

and book your FREE lesson, Quote or Class.

www.healyshealthandfitness.com

healyshealthandfitness@hotmail.com