

Pro Fitness & MMA Kickboxing Training Center Presents 2 Kickboxing MMA Functional Strength Training Workshops

Saturdays – September 19th – November 14th from 12-2 pm
Sundays – September 27th – November 22nd from 8-10 am
both workshops are 8 weeks



Address: 1 West Street, Fall River, MA 02720

Todd Sands

Pro Fitness & MMA

508-496-2935

508-617-9388

Cost: \$240

Includes 8 weeks of training, boxing gloves, jump rope
and training mitts

\$200 for existing members with their own equipment

Owner Ben Pittsley Kickboxing MMA Coach and

Todd Sands Kickboxing Functional Training Coach



SPACE IS LIMITED (Please Register Early!!)

www.Kickingfit.com or www.profitnessmma.com