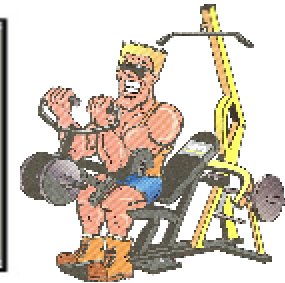


**Boot  
Camp  
WORKOUT**



**CARDIO  
FITNESS**



**WEIGHT  
GYM**  
WEIGHT TRAINING  
SCULPT YOUR BODY  
SHAPE YOUR FUTURE



**Spinn-  
Cycling**

*Lose Weight  
Build Endurance  
Lower Body Workout*

**Power-Flex**

*Increase Flexibility  
Tone & Strengthen Muscles  
Reduce Stress  
Lower Blood Pressure*

**Relaxation**



**Interested in MORE  
than Weight Training  
and Cardio?  
We Have It.**

*New Jersey Martial Arts Academy  
offers multiple programs to meet  
everyone's training needs. Call for  
information on one of our special  
introductory programs in:*

- Karate
- Ju Jitsu
- XMA- Xtreme Martial Arts
- Okinawan Weapons
- Kendo  
(Japanese Swordsmanship)
- Tai Chi
- Handi-Capable Martial Arts

Offering Age Specific  
Programs for All starting at  
Age 3 and Up

*"Committed to Achieving  
Personal Excellence through the  
Development of MIND, BODY, &  
SPIRIT. We work from the  
inside-out, building  
Inner-Confidence, Mental  
Discipline, and Physical Skill*

More Than A Martial  
Arts School...  
A FULL Fitness Training  
Facility

**Results  
In  
Fitness  
Membership  
Programs**



**New Jersey  
Martial Arts  
Academy and  
Sports Training  
Facility**

973-770-4555

## Results In Fitness... At It's BEST

### Cardio Fitness

#### ***This is Not Your Same Old Cardio Workout!***

Don't limit yourself to just kickboxing! Try this dynamic, calorie-burning, energy-building 45 minute workout that will keep you motivated! Don't miss this opportunity to lose pounds & inches! Designed for all levels!

### Boot Camp Workout

#### ***Get Yourself Back to Basics!***

Push yourself to a new level! Build your core strength & endurance. Focus on those abs! We'll be sure to make you sweat! Beginners to advanced in this 60 minute class.

### Power-Flex Relaxation

#### ***Do This For You!***

Leave the stress of life on the mat. Bring yourself into balance. This 30 minute program will gently teach you to relax your mind and your body. Stretch and strengthen yourself from the inside, out. Learn breathing exercises and how to use visualization to relax anywhere, anytime. Great for all ages!

### Spinn-Cycling

#### ***Drive Yourself To The Extreme!***

Get up and get going on the right track! This low impact cardio workout will help you lose weight and build your stamina. Indoor cycling not only targets your lower body, it allows you to maximize your training by working at your pace.

### Weight & Fitness Gym

#### ***Shape Your Future, Carve A New You!***

Get stronger! Increase your metabolism! Tighten and tone. Get the body you always wanted! Personal trainers available to design and modify your workouts to meet and exceed your goals.

<u>Mon</u>	<u>Tues</u>	<u>Wed</u>	<u>Thrs</u>	<u>Fri</u>	<u>Sat</u>	<u>Sun</u>
Spinn/ Cycling 5:15am - 6:15am		Spinn/ Cycling 5:15am - 6:15pm		Spinn/ Cycling 5:15am - 6:15am	Cardio Fitness 8:30am - 9:30am	Spinn/ Cycling 8:30am - 9:30am
	Cardio Fitness 5:00pm 5:45pm		Cardio Fitness 5:00pm - 5:45pm		Boot Camp 9:30am - 10:30am	
	Boot Camp 6:30pm - 7:30pm		Boot Camp 6:30pm - 7:30pm		Spinn/ Cycling 10:45am - 11:15am	
					Spinn/ Cycling 10:45am - 11:15am	

#### Membership Options

- Annual Program-2 Classes /Week  
(Includes Family Gym Membership) \$ 750
- 6 Week Express Membership  
(2 Classes/Week) \$ 95
- Gym Only Annual \$ 295
- Pay by the Workout \$ 15

#### Additional Workouts (Annual or 6 Week Express Only)

**New Jersey Martial Arts  
Academy and  
Sports Training Facility**

142 Lakeside Blvd  
Landing, NJ 07850

Phone: 973-770-4555  
Fax: 973-770-0414  
E-mail: nj.maa@verizon.net

## "When You Gain Control of Your Body, You Will Gain Control of Your Life"

Whatever your goals are, our personal trainers will design a program to meet your needs. From weight loss to shape and tone, endurance and strength to sport training, Marvin will guide you so you can get results.

### Make a Decision to Change

Our fitness center is ready for any challenge. The serious body builder or a rehabilitation workout or an athlete in training will find our equipment coupled with a personalized training program will give you all the tools necessary to achieve your goals.

### Discover Fitness and Have Fun.

Change your routine. Change your life. Challenge yourself to stay healthy and energetic regardless of age or athletic ability.

**Private & Semi-Private  
Personal Training Available!**