



FREE Conditioning & Self-Defense

Contact: Rob LaPointe

Email: rob@cedarcreekkungfu.com

https://www.tx-bastrop.countybuyselltrade.com/business-listings/free-conditioning-self-defense__5923

Address: 341 Hwy. 21, Cedar Creek
Price: Free

Like us on Facebook and we'll give you One Month FREE Kung Fu, Tai Chi, or Kettlebell Lessons for Children and Adults

Click the Link Below Now to Reserve Your Place!

<https://www.facebook.com/cedarcreekkungfu>

Where: Cedar Creek Kung Fu (Hwy. 21 & 1209) 1.5 miles from Hwy. 71

When: Opening Summer of 2015

What: Separate classes for children and adults in Kung Fu. Adult classes in Kettlebells

Conditioning and Self-Defense, Kung Fu, Yang Style Tai Chi, Russian

Head Instructor Rob LaPointe holds black belts in Kenpo, and Tien Shan Pai Kung Fu. He owned and operated the Washington, D.C. areas first Kettlebell Gym for 24 years, and has conducted personal safety and stress reduction workshops for Exxon-Mobile, USA Today, U.S. Coast Guard, Defense Intelligence Agency, Army Training and Evaluation Command, and many others.

This is a limited time offer, so Like us on Facebook to lock in your FREE lessons!



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