

Get in shape now!

# TAE BO®

## FITNESS CLASSES

Enjoy a high-cardio workout combining martial arts, dance and boxing.

This is a fun group class for **everyone!**



**Tuesdays  
& Thursdays  
7:30pm**



*"You've got the POWER,  
but you have to step through the door."  
- Billy Blanks*

Our instructors train with and are certified by **Billy Blanks®**



**Benicia Fitness**  
No Judgments

[beniciafitness.com](http://beniciafitness.com)

(707) 745-1511

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