

Brazilian Cultural Arts Exchange (BCAE)
NEW Capoeira Conditioning Class!!

Starting December 2nd 2010

THURSDAYS from 7-8pm

Join Monitor Samurai for a workout like no other!

Specifically geared toward improving your capoeira training, this hour-long strength and conditioning workout is guaranteed to improve your overall fitness and performance through customized personal training exercises.

ALL LEVELS and non-capoeira players welcome!

- Improve strength, speed, and explosivity
- Take your training to the next level
- Shape and tone your body

Only \$12 per class

Class cards are \$50 for 6 classes

FREE for BCAE monthly members!!!

Contact Cereja at 352-359-7131 for more information

Have New Years fitness resolutions?

Discover how to accomplish more in the new year with a

CORE AND FITNESS EVALUATION

Start the year knowing your physical strengths and weaknesses. The core and fitness evaluation will allow us to create a unique capoeira training program that addresses your specific needs and fitness goals!

\$200 at other gyms!

Available exclusively through the BCAE for only **\$50**

(Only **\$45** for BCAE monthly members!)

Great Christmas gift!



Samurai is a certified personal trainer and martial arts instructor with 6 years professional experience, and over 4 years capoeira training.

Contact him to set up your evaluation today! 352-494-7323

www.bcaeonline.org