

Create Develop & Flow

Is Now Offering

Military Preparation Training (M.P.T.)

Army • Air Force • Navy • Marines • National Guard

MPT is to help you prepare yourself for Boot Camp mentally & physically. 13 weeks of training that has no equal. My job as your instructor is to put you in the best shape of your life before going into boot camp. I'm not here to replace the drill sergeant but to help you prepare for him. Besides conditioning the body we will condition the mind to think faster & be faster. You will develop discipline & understand how important it is to follow your drill sergeant once you get into boot camp. He is here to save your life and here to train you to be prepared. Our conditioning programs consist cardio conditioning, ab work, running, mental training along with hand-to-hand combat. I will build you from the ground up. I am a former Marine that still believes in the Corp. and that the body can be tested beyond its limits. We will also stress team work which is a must to survive in Boot Camp. I will motivate you & develop your confidence in the true meaning of combat. At the end of the 13 weeks of training we will have graduation day of completion of my training. Remember however I train you your drill sergeant is always in charge and my job is never to conflict with his methods of training. Once in Boot Camp the Drill Sergeant is your Mother, your father and he will help you stay alive. It will not be a walk in the park when I train you but an experience you'll never forget.

Health • Fitness • Martial Arts

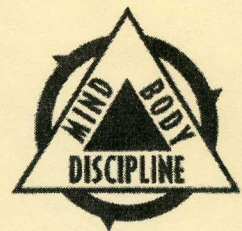
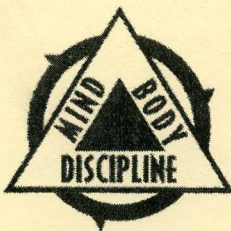
**Separate Training for
Men & Women**

Register Now

Call: 251-1111

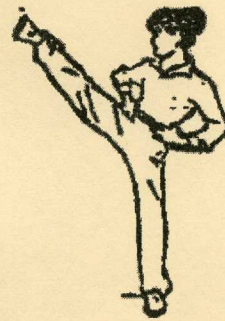
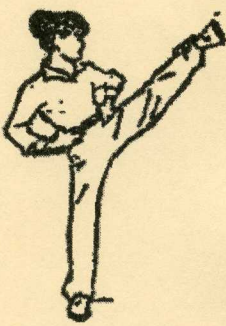
101 S. Rainbow #10

(Rainbow & Westcliff Behind Burger King)



Create, Develop & Flow Is Now Offering

**Extreme Boot Camp Training &
Hand-to-Hand Combat For Women. Train with
a former marine. Mental & physical training
that has no equal.**



**CLASSES FORMING
March 13th & 14th**

Semper-Fi HOO-RAH!

Call: 251-1111

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SIGN UP NOW!!