

## ***Fight Fitness Boredom with Martial Arts Personal Training***

**How It Works:** Fitness Programs can become monotonous, forcing participants to grow complacent and bored. Our unique approach to physical fitness combines techniques from Traditional Martial Arts and Kickboxing with Weight Training, Core Strengthening, and Flexibility exercises.

This Diverse Program is designed for each individual participant, focusing on turning their weaknesses into strengths. So whether you are a well conditioned athlete, a weekend warrior, a professional or parent with time constraints, or a person simply looking to get out of a rut – we will work to maximize your fitness potential while teaching you unique self defense skills that will last a lifetime.

**The Program:** *Train Like A Champion!* Our program is an all inclusive, intense half hour or work. With over 39 years of experience, Master Philip Ameris (7<sup>th</sup> Dan) has developed a training program to work every muscle in your body. If you can dedicate yourself to 30 – 40 minutes, we will produce results.

**Pricing and Time Frame:** Please call for Pricing Information and to set up a Time at your convenience. Family, Couples, and At Home Training is Available: Special Rates Apply.

### **Frequently Asked Questions:**

1. ***Will I Be Doing 'Karate'?*** Yes and No. Our program is designed around Traditional Martial Arts and Kickboxing Techniques but not exclusive to them. Our focus is on maximizing fitness potential while learning self defense.
2. ***Will I Have to Wear a 'Karate' Uniform, Learn Forms, or Test for Rank?*** Absolutely Not. Although we encourage and offer a full Traditional Martial Arts Program to all participants, it is not required.
3. ***Who is This Program For?*** Everyone. Our program is taylor-made on a participant level, focusing on your needs.
4. ***How Long Are the Sessions?*** Sessions are 40 minutes.
5. ***What Will I Need?*** Nothing. Our Dojang facility is over compensated with space and equipment. A true 5,000 sq. foot facility dedicated to building the body you want in the time you have - all the while teaching you self defense skills that will last a lifetime.
6. ***When Can I Start?*** Immediately. Enrollment in Cho's Taekwondo Personal Training Sessions start now and can be scheduled at your convenience.

7. *How Do I Sign Up?* For More Information, Please Call: **724-339-0254**.

**About the Instructor:** Philip Ameris Jr. is a 3<sup>rd</sup> Degree Black Belt in Grandmaster Hee Il Cho's Taekwondo. Son of Master Philip Ameris (7<sup>th</sup> Degree), Philip Jr. has been actively involved in the Martial Arts since he was 3 years old. Philip has competed in the United States and Abroad, and teaches weekly group lessons at Master Ameris' Dojang in New Kensington, PA.

**For Any Additional Information, Please Contact:**

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