

HOLISTIC Mind, Body & Spirit

Presented by Mount Fitness MBS

Cepeda Munoz (317) 652-3309

Space is LIMITED! Introductory Services ONLY \$10
(Call or visit Krav Maga 317-595-5728 for payment)

Sunday, December 20th, 12:30- 1:30 pm at:

7264 Fishers Crossing Dr, Fishers 46038

(on site at Krav Maga)

Mind, Body & Spirit Training Initiative

“Train the whole you – not just some of your parts”

Services include:

Authenticity

Clean heart spiritual teachings

ISSA Certified Fitness Training

Physiological consultation

Transformational Balance, Clarity, Peace & Power