

Welcome to Defense-Wise Martial Arts Fitness Center

16 Ferry Street, South Grafton, MA 01560

774 - 275 - 0614



**Kickboxing Classes
Wednesday nights 6:30-7:30 PM
& Friday nights 6-7 PM**

\$65 per month or \$10 per class

- **Get a great workout**
- **Learn to kick/punch the bag**
- **Tone and build muscle**
- **Have fun**