

CrossFight®

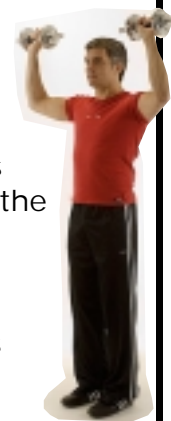
DALLAS OBSERVER
BEST OF DALLAS
WINNER '08

Winner of the 2008 Best of Dallas Award for the "Best Sweat in Dallas"

Personalized instruction. World class coaching. Expert knowledge. Medical testing and oversight. These are the things that make *CrossFight™* not just different... but better!



CHALKLINE FITNESS™ has brought together a unique panel of experts and coaches including: Canadian Olympic boxer, Martin Mezzera; Dr. Paul McDonough, PhD., professor of Exercise Physiology at UTA; and martial arts master, Dr. Nick Chamberlain. These experts have created *CrossFight™*, an exclusive strength and conditioning program incorporating the most advanced training practices from elite trainers around the world. These include skills taken from such diverse areas as the martial arts, boxing, progressive resistance training, yoga, plyometrics, interval training and more. The combination of these training systems with world class personalized coaching and medical testing and oversight, makes *CrossFight™* a one-of-a-kind experience!



You do not need to be in shape to start this program!



Expect a fun, exciting, results oriented workout, that will increase your strength, stamina, flexibility, aerobic conditioning and coordination! Improvements in these areas will result in the many rewards of a vigorous exercise program... Looking, feeling and performing better in all areas of your life! *CrossFight™* - The Best Shape of Your Life!

Call Dr. Nick Chamberlain at: 214-793-1234 for more details. \$250/month, includes three, 90 minute sessions/week, monthly testing & personal training (Meal Planning, Medical Foods, Lab work, and Nutritional Supplements are available at additional cost).



Classes at Preston Center on Tuesday and Thursday nights from 7:15-8:45pm and at Chamberlain Studios™ at Bachman Lake on Saturday mornings from 7:15-8:45am.

CrossFight™

- Kick - Punch - Sweat - Live -
"The Best Shape of Your Life"
www.DallasKenpo.com

