

The Truth: You Deserve it, We Deliver it

"5 Things They Don't Want You to Know about Muay Thai

CONFIDENTIAL

Secret #1: Anyone Can do it!

Here's the deal - **exercise, Especially in a Muay Thai Class, is hard.** If it were easy, we'd all be super-fit and healthy right? So it's really, really important that the routine you start is actually ACCESSIBLE for a regular person. You really shouldn't have to already BE fit to GET fit right?

That's what the big box gyms don't want you to know. Because, when they sign up a member, they don't care how your initial experience (which is the MOST important part of your journey) goes. They're filling a quota, not a mission. **You deserve people whose purpose is helping others reach their goals, and know that it's not always so simple starting something new.**

Our classes are just like that. We start easy- well, let's not say easy, let's say basic. **That's why our members are so successful.** **No one starts Muay Thai thinking it's going to be easy, but we make sure there aren't huge hurdles in your way.** *We'll step you through everything you need to know, and be sure that before long, you're feeling great.* Which leads to number 2:

Secret #2: Anyone can get really, really good at it

So, what about after you get started? **What about all of those people who get over the initial hump, only to quit after seeing results?** Well, often it's because they're bored - not challenged. See, anyone can get really, really good at Muay Thai, and that's what keeps you around. It's downright addictive. ***You'll love coming to class and stepping up time and again to new challenges (and succeeding!).***

Our members say that's one of the most fun part of class is getting better and better. They feel a sense of mastery over something and let's face it were humans! We LOVE mastering stuff!

Secret #3: People Get Really, Really Healthy Doing It

So we might make it easy to start, and we might just get you hooked and coming back to class week after week, but...***Does it actually WORK?***

The Answer is a RESOUNDING YES!

This is NOT a fad. This is not a diet (although eating well will certainly help). This is NOT a fly-by-night, 6 minute abs, do-the-minimum-and-promise-the-moon fitness craze. ***This is REAL work with REAL people.***

We know what makes you "tick". We know what's going to get results - weight loss, muscle growth (no we don't mean looking like some freakish body builder - we just mean looking good), increased cardiovascular fitness, and an **undeniable feeling of confidence**, and we do it EVERY day in our classes.

Secret #4: You Get to be Part of the Club

Remember that talk about the "Big Box gyms"? Well, it's hard to talk about, but that's one of the biggest reasons that people don't follow through with their goals like they deserve. They walk into a place like that and look around at all the "beautiful people" and get instantly depressed (can't blame you, we've been there). **How in the world are you supposed to fit in when you stand out?**

So there, we said it. **The reality is that as people, we HAVE to feel like we're "part of the club"**. And in our classes, you'll feel like that INSTANTLY. We know because that's just how we do it. Our students say it's "How we roll", we say it's part of our culture. **Inclusivity is a feeling that all people deserve. And you'll get it with us :)**

Secret #5: It Could Save your Life

So, you're going to be learning how to very **effectively use your body as a Weapon**. You're going to get better and better at it (that "mastery" thing we mentioned earlier) and **you think some punk wants anything to do with that?** Combine the moves you're going to learn in our class with the confidence you're BOUND to pick up, **and any would be attacker is looking at a serious force to be reckoned with!**

Now we're not saying go out and pick a fight or anything (*except with that little voice inside that says you're not good enough - let's pick a big, BIG fight with that one*), but if it happens, you'll be way better off after taking class with us. **That feeling of confidence is absolutely Priceless.**

-Report Concluded-

So, check it out:

We know it's really, really hard to start something new. We don't want you to feel like you should just stroll on in and you're dumb if you don't. *We're just saying that we've helped a LOT of people, because we really, really care.* **And we know that if you want, when you're ready, we can help you too.**

But we really don't want you to wait. **Classes fill up regularly, and there is always limited space.** Try our simple trial program. If you don't like it, at least you TRIED something! And you sure won't feel any pressure from us about not liking it. But if you DO like it, take it from our members: The SKY is the limit! **So don't wait. Try it today.**