

## ***SUPER HERO TRAINING BIRTHDAY PARTY!***

**Fighting Fitness Performance Centers**

**367 Boston Post Road**

**Orange, CT 06477**

**203-795-0198**

**[www.fightingfitnessusa.com](http://www.fightingfitnessusa.com)**



Hey kids! Ever wonder how Spiderman trains to swing through the streets and battle villains? Are you curious how Wonder Woman can flex those muscles and save the city? If you are, then **Fighting Fitness Performance Centers** has the answer: *Super Hero Training Birthday Parties!*

Our Super Hero Training Birthday Parties include two hours of fun and training taught by professional staff in a state-of-the-art training facility. The heroes-in-training will learn to swing from ropes, leap tall buildings (okay, maybe not in the beginning) and all the cool moves to combat the neighborhood arch-nemesis! Once the training is complete, the birthday child will be able to go one-on-one with one of Fighting Fitness' certified instructors to save the day, while all his friends and family cheer him on!

Moms, did you know that a non-contact boxing workout at Fighting Fitness Performance Centers burns over 650 calories an hour, works every muscle in your body and is the ultimate in stress relief? It's true! Call or stop by and remember, at Fighting Fitness, we're fighting for a healthier you!