

# American Eagle MMA & Kettlebells Personal & Group Training

**1 Week  
Only \$19.<sup>99</sup>**  
(new clients only)

Best Wishes in  
2015 to All Bergen  
County  
Wrestlers &

**Phil Ross: Master RKC, 8th Degree Black Belt  
Bodyweight Specialist, Functional Movement**

## Programs Offered:

S.W.A.T. Kettlebell & Bodyweight

Mixed Martial Arts for All Ages

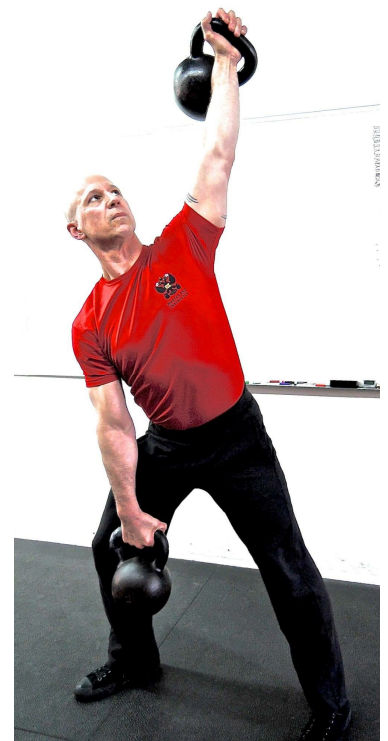
Brazilian Jiu Jitsu

Taekwondo & Bando

One on One and Small Groups

Preschool Karate, Ages 3 & Up

Online & Video Training Available



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

**201-612-1429**

**500 Barnett Place, Ho-Ho-Kus, NJ**

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