

TOUGH GIRLS

Mentorship & Leadership Program.

Female Coach & Fighter.. Teaching young girls how to Get along & not fight each other, and instead... create Strong, Tough Girls.

8 week Leadership/Mentorship Program for girls Thru Boxing, Fitness & Empowering Activities!!

What will YOU get out of this?

- * Gain Confidence
- * Learn tools to help you be happy!
- * Learn to Goal Set & create RESULTS!! Walk away with a rocking VISION BOARD
- * Learn about healthy living & optimal nutrition. Create your very OWN MENU.
- * Get Strong, both physically & mentally!
- * Meet New Friends!
- * Enjoy weekly scheduled Activities!!!
- * Learn to Box!!!
- * Meet up 2x week!!!

STARTS SOON!!!! Super Affordable!!

LIMITED SPOTS... Contact US ASAP to reserve your SPOT!!!

Call for the LOCATION Details!!

289-389-3905 or toughgirlsmentorship@gmail.com



**Lead by a Local Motivational Leader,
Life & Lifestyle Coach as well as
Professional Boxer... Mair Millar.**



THE TOUGHEST FIGHT
Find the Champion Within

*** Sign up with a Friend & save \$20 EACH!! (must bring this flyer!) ***