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Newsletter



our website:
[BurlingtonKravMaga](http://BurlingtonKravMaga.com)

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BKM April 2013

Krav Maga Level Tests. Congrats all of you! See you in the next level class.

KM Foundation

Alan Hall Bethany Hill Chandler Posey Don Schepis
 Erin Lake Jeff Blaser Judy Bryant Justin Stalek
 Lisa Ivey Patrick Henry



Welcome DJ

We are thrilled to have her working as part of the BKM Team. She will greet you with her friendly smile and help you in any way she can.

PLEASE ALWAYS:

1. ALWAYS CHECK IN with the FRONT DESK STAFF upon entering the studio.

PLEASE ALWAYS:

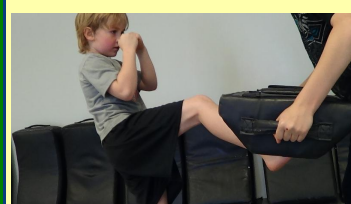
2. Train barefoot or wear wrestling shoes on the mats. No dark soled shoes.

PLEASE ALWAYS:

3. CHECK IN to FaceBook when you are in the studio.



PRIDE CUBS



PRIDE KIDS



KM Level 1

Dale Hughes Eladio Roman Jen Fry
Jimmie Curry Joe Porpiglia Keith Kirkman
Kristen Unger Mandy Beck Rick Erb William Clark

Happy Birthday April



1st Josh White	14th Smith Johnson
10th Brandi Peck	24th Jeff Blaser
10th Eric Whitmire	25th Amanda Simmons
12th Matt Blackburn	27th Chantel Simpson
14th Charles Dunn	

Pink & Fierce Women's Seminar

2 hour seminar \$29
Saturday, April 13th 2pm - 4pm
Tell a friend!

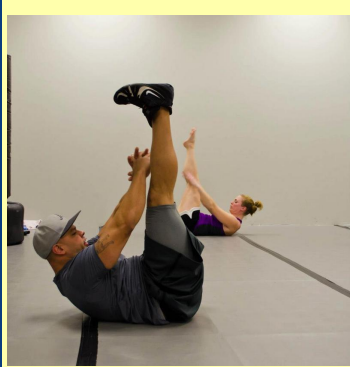
[REGISTER HERE](#) TODAY!



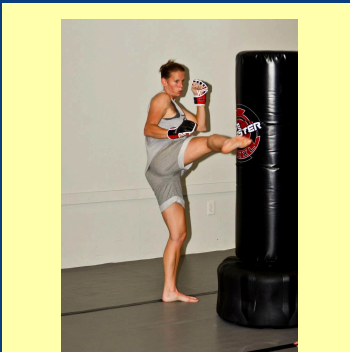
Pink & Fierce Series 1

4 Saturdays Members Only
April 20th - May 11th 12pm - 1pm

P & F Series 1-Ultimate members can attend free. Fitness members \$25



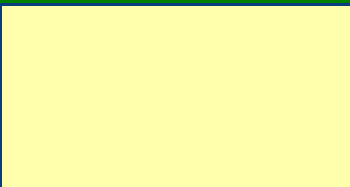
BE FIT



BE POWERFUL



BE CONFIDENT



NEW CLASSES Added!



Tuesdays 10:00am-11:00am Pilates

Tuesdays 6:00pm-6:30pm Weapons Defense
(must be KM Level 1)

Thursdays 10:00am-11:00am Circuit Fit

Fridays 5:00pm-5:45pm Pride Kids

Fridays 6:00pm- 7:00pm Kickboxing Fitness

PRIDE KIDS SUMMER CAMP!

Register now! Detailed brochures at the studio. Register online or call the studio.

CAMP ONE

JUNE 17th-21st week 1
JUNE 24th-28th week 2

CAMP TWO

JULY 15th-19th week1
JULY 22nd-26th week2

CAMP THREE

AUGUST 5th-9th week 1
AUGUST 12th-16th week 2

BOOT CAMP (BKM MEMBERS)

AUGUST 19th-23rd

Prices:

\$99 Full Week
\$59 Tuesday, Thursday
\$40 per individual day
\$5 discount for second child
\$79 Monday, Wednesday, Friday
\$69 Half Day
\$79 Boot Camp

SWIMSUIT SLIM DOWN at BKM



by ON TRACK NUTRITION

Do you want to lose weight, gain energy or focus on healthy eating?

CASH PAYOUT to % Weight Losers!
6 WEEK CHALLENGE

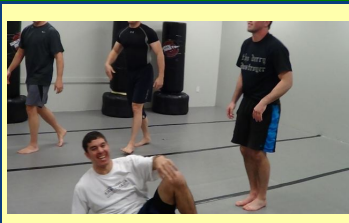
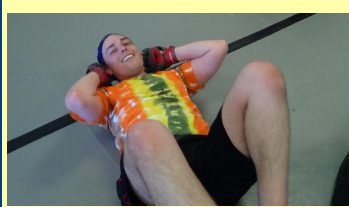
When: Saturdays 8:15am-8:45am at BKM

Dates: April 13 - May 25th

Includes:



HAVE FUN



- *Initial wellness evaluation w/personal health coach
- *30 minute weekly meetings w/weigh-in & nutrition class
- *Friendly motivation & competition

\$25 registration fee covers winner's pot & weekly prizes

To register: Myriah or Chris Earhart
919-698-9647 or ontrackmembane@gmail.com

SAVE THE DATE

BKM Family Picnic

Pot Luck

Sunday, June 2nd

3pm - 7pm

Gildford-Mackintosh Marina



It's that time again for the Family Picnic. It was SUPER FUN last year.

Bring your family enjoy the outdoors with us!
Bring your favorite dish to share.

BKM has rented the pavilion near the playground and several kayaks for your use.

There is also a 3 mile hike trail, volleyball court and horseshoes available.

We are looking forward to seeing you all there!



Get Fit Now **April Spring Fling**
Special Offer **only \$39**

1 month of unlimited training

purchase here [Get Fit Now](#) or come in
TODAY!

for non-members only. Not valid with any other offer.



Offer Expires: April 30, 2013

Confirm that you like this.

Click the "Like" button.