

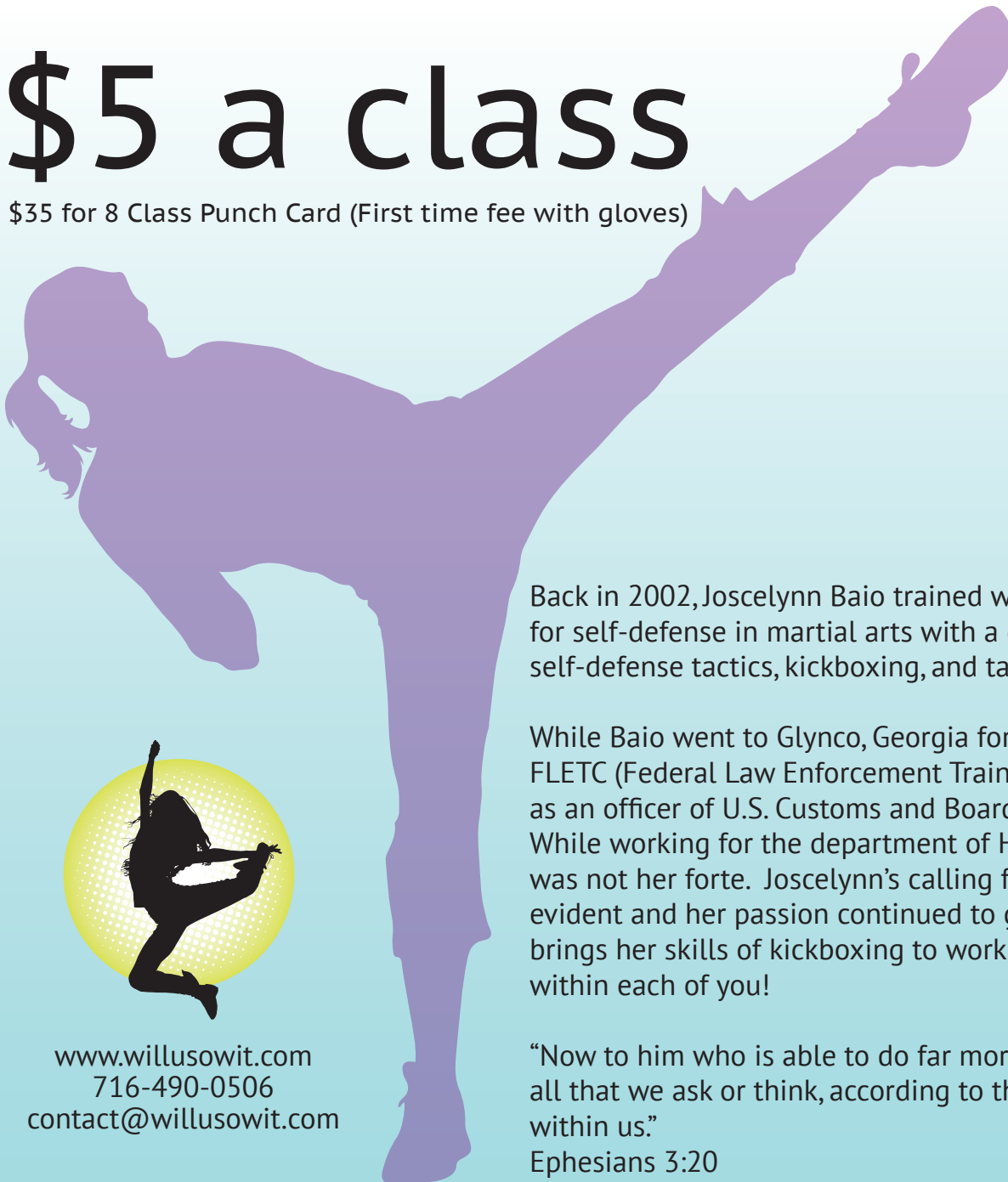
KICKBOXING

Every Saturday, Starting September 6th 9am

New Covenant Gym 345 McConkey Drive Buffalo, NY 14223

\$5 a class

\$35 for 8 Class Punch Card (First time fee with gloves)



Back in 2002, Joscelynn Baio trained with Sensai Gonzalez for self-defense in martial arts with a combination of self-defense tactics, kickboxing, and tai chi.

While Baio went to Glynco, Georgia for Bootcamp to the FLETC (Federal Law Enforcement Training Center) working as an officer of U.S. Customs and Boarder Protection. While working for the department of Homeland Security was not her forte. Joscelynn's calling for fitness became evident and her passion continued to grow. She now brings her skills of kickboxing to work with the power within each of you!

"Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us."
Ephesians 3:20

www.willusowit.com
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