

FONSECA MARTIAL ARTS

Karate-Yoga Fusion

KARATE

FOR STRENGTH
AND POWER

YOGA

FOR BALANCE
AND FLEXIBILITY



KARATE + YOGA

WITH ELISA FONSECA
& MONA MICHELSEN

\$20 drop in fee;
free to FMA members

823 1/2 Chicago
Evanston, IL 60202

847.866.0200

fonsecamartialarts.com

WEDNESDAYS

9-10AM

Wear comfortable
clothing and bring a
yoga mat