



FOR IMMEDIATE RELEASE
Tuesday, March 16, 2010

UNITED FAMILY MARTIAL ARTS-DUNDURN OPENS NEW, ENHANCED FACILITY

HAMILTON, Ontario – Today, United Family Martial Arts-Dundurn announced that it has opened a new and enhanced facility at 407 Charlton Avenue West in Hamilton, Ontario. The 9,000 sq. ft. facility will accommodate the company's existing clients, and will provide space for additional clients and new training options.

United Family Martial Arts-Dundurn opened the new facility to accommodate the high demand for its various fitness offerings. The building was designed specifically for martial arts training, and can accommodate anyone interested in getting fit, either through karate, personal training or the use of the fitness facility.

"Having toured various martial arts facilities throughout Canada, I feel that our new facility is one of the most state-of-the-art fitness centres in the country," says Gord Waddell, Owner, United Family Martial Arts-Dundurn. "It was designed to maximize space and provide the highest calibre fitness training in the region."

United Family Martial Arts-Dundurn offers numerous programs and amenities including karate (for anyone three years of age and up), kickboxing (traditional and cardio), a fitness room, private lessons, lessons for corporate clients, personal training and after-school programming.

As for the future of United Family Martial Arts-Dundurn, Waddell says: "We are very interested in offering our service's to the region's corporate clientele. People with 9-5 office jobs, and additional responsibilities such as family, often find it difficult to work out regularly. Our programming is designed with corporate clients in mind and we feel that we can help these clients reach a consistent level of fitness and overall health."

Gord Waddell earned the title of World Kickboxing Champion in 2001 through the World Kickboxing and Karate Association. He has also won three Canadian kickboxing championships, and the Intercontinental World Title through the World Association of Kickboxing Organizations. He holds a third degree black belt in karate, and has owned United Family Martial Arts-Dundurn for the past eight years. United Family Martial Arts-Dundurn draws its clientele from throughout the region, including Hamilton and Burlington.

For more information on United Family Martial Arts, visit ufma.ca. To schedule an interview with Gord Waddell, please contact:

Mike O'Drowsky
Greening Marketing Inc.
McMaster Innovation Park
P: 905.667.5793
mike@greeningmarketing.ca

