



FIND YOUR STRENGTH

ADULT MARTIAL ARTS

This class is tailored to adults and focuses on fundamentals of Martial Arts. Participants will work on increasing their strength, agility, personal fitness, endurance and focus. This 6 week course promises to get your blood pumping and energy level up with a full body work out.

CALENDAR OF SESSIONS:

Session 1: Jan 6th-Feb 10th

Session 2: Feb 24th-April 7th (no classes week of 3/22)

Session 3: April 21st-May 26th

Session 4: June 9th-July 14th

Session 5: July 28th-Sept 1st

Session 6: Sept 15th-Oct 27th (no classes week of Fall Break)

Session 7: Nov 10th-Dec 22nd (no classes week of 11/22)



CLASS:

Instructor: Evan Motsinger
Wednesdays: 7-8pm

PRICING PER SESSION:

\$25- YMCA Members

\$40- Non-members

*Financial Assistance is available for all, apply @ front desk