



NEW

Bachata Hour



Come dance your stresses away during Bachata Hour. Learn to release your emotions through the power of movement and music!

AGES	DAY	TIME	WKS	FEE	DATES
18 & Up	Mondays	6:00 - 7:00p	8	\$80	10/07 - 12/16

***No Class 10/14, 11/11, & 11/25

NEW

Mixed Martial Arts (MMA) FUNDAMENTALS

Mixed martial arts (MMA) incorporates striking, grappling, and ground fighting techniques from multiple combat arts from around the world. In this class, students will cover basic movement, offense, defense, strategy, and fundamental techniques, with a focus on improving overall fitness, and applications in potential self-defense scenarios. This safe, non-competitive class is open to men, women, and minors 16 & up with parental signature. Boxing gloves or MMA gloves are required.

AGES	DAY	TIME	WKS	FEE	DATES
18 & Up	Tuesdays	7:00 - 8:30p	8	\$90	10/08 - 11/26

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