



ESSENTIAL MARTIAL ARTS



2959 BATTLEGROUND AVE, GREENSBORO, NC 27408

336-282-3000 WWW.ESSENTIALMARTIALARTS.COM

Martial Fitness

Adults & Seniors Class



CLASS TIME: Thursdays 11:00-11:45am
Class Begins Feb 1, 2018
Space is limited

CLASS FEE: \$50 per month
Drop in and try one class for \$15

This class has all the benefits of a traditional Martial Arts class, minus the belts.

The class is geared toward adult and senior students who want a real martial arts experience. We use Tai Chi as a warm up and cool down with a focus on foot placement for improving balance. The core of the class is a Fitness Circuit consisting of Martial Arts techniques, weight bands, balls, foot work drills, stick drills, punching bag rounds and MORE.

NO BELTS

NO JUDGEMENT

JUST FUN

The 45 Minute Class Structure Includes:

Kickboxing
for Cardio Health

Fitness Circuit
for Weight Bearing Exercises

Martial Arts Techniques
for Self Defense & Self Confidence

Stick Techniques
for Mental Challenge & FUN

Tai Chi
Warm Up & Cool Down
for Balance, Stability & Posture