

LEARN KARATE



TOP KICK KARATE

WORLD TANG SOO DO ASSOCIATION

What you can gain from practicing Karate:
Self Defense • Weight Control • Aerobic Conditioning
Increased Flexibility • Stress Reduction • Better Posture
Confidence

**Free Trial
Call Today!**

Tiny Tigers/Little Dragons
(ages 4-6, \$40.00 per month)
5:45pm-6:15pm

Beginner Youth/Adult
(\$55.00 per month)
6:15pm-7:15pm

Advanced Youth/Adult
(\$55.00 per month)
7:15pm-8:15pm

Saturday Family/Friend Classes 1-2 times per month

**Flying Hills
Class Schedule**
Mondays, Wednesdays,
and Saturdays*

*Check the hard copy of our
schedule for Saturday
Classes

**FLYING HILLS FITNESS
CENTER**

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