

# WILLIAMS MARTIAL ARTS & FITNESS

HOURS: **Monday-Friday:** 9:00 AM - 8:00 PM **Saturday:** 9:00 AM - 12:00 PM  
**Sunday:** Closed.  
*Trial Classes are held on Tuesday, Thursday or Saturday (non promotion days)*

TIME	MONDAY - FRIDAY			SATURDAY	
	DOJO 1	DOJO 2	DOJO 3	DOJO 1 & 2	DOJO 3
5:30 - 6:30 AM			<b>Jazzercise</b> Monday/Wednesday		
7:45 - 8:45 AM				<b>Jazzercise</b>	
9:00 - 9:50 AM	<b>Jazzercise</b> 9:30 - 10:30			<b>Karate</b> Beginners & Intermediate	<b>Jazzercise</b> 9:00 - 10:00
10:00 - 10:50 AM				<b>Karate</b> Beginners & Intermediate	
11:00 - 11:50 AM				<b>Karate</b> Advanced & Adult	
4:00 - 4:50 PM	<b>Karate</b> After School Beginner	<b>Karate</b> After School Intermediate	4:30 - After School Enrichment Programs		
5:00 - 5:50 PM	<b>Karate</b> Beginners	<b>Karate</b> Intermediate & Advanced	After School Enrichment Programs		
6:00 - 6:50 PM	<b>Karate</b> Beginners	<b>Karate</b> Intermediate & Advanced	<b>Jazzercise</b> 6:00 - 7:00 Monday - Friday		
7:00 - 7:50 PM	<b>Karate</b> Advanced & Adult	<b>Karate</b> Advanced & Adult	<b>Jazzercise</b> 7:00 - 8:00 Monday-Thursday		

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## CLASS DESCRIPTIONS

### **Beginner**

Children learn the basics of karate, self-defense, listening skills, manners, body awareness and self-esteem all in a fun, structured environment.

### **Intermediate**

Children learn advanced skills. Self-defense, listening skills, manners, body awareness and self-esteem, reinforced to cultivate the best in your child!

### **Advanced and Adults All Levels**

This class is for advanced children, green/brown/black belts, and adults who wish to improve their cardiovascular health, muscular coordination, agility and flexibility. This class will also teach self-defense and mixed martial arts.

### **Sparring**

Learn Self-defense through fighting in a controlled setting with an opponent in short bouts or practice sessions.

### **Demo Team**

A selected group of karate students that perform at special events.

### **Jazzercise Dance Fitness**

Burn up to 600 calories in one fun and powerfully effective 60-minute total body workout. Every Jazzercise group dance fitness class combines dance-based cardio with strength training and stretching to sculpt, tone, lengthen muscles for for maximum fat burn.

### **After School Enrichment Programs**

In addition to a 30 minute karate class, our after school children participate in enrichment programs:

**KidzArt** - A confidence building drawing program

**Team Dance** - Dance techniques taught to today's most current hits.