

# ARE YOU READY?

SIGN UP FOR OUR ADULT **GROUP FITNESS CLASS NOW!**\*



*\*Enrollment open now. Classes start in January 2020.*

## FAQs

### **Is this Martial Arts?**

Actually, the answer is yes and no. If you want to get into martial arts and a black belt is a goal for you, then these classes will help get your body ready for more rigorous and traditional training. If a black belt is not for you, these classes will focus on other accomplishments like, mobility, agility, speed, flexibility, and much more!

### **How long is class?**

Classes are only 30 minutes! Take a break from your busy schedule and join us!

### **Fitness Level requirement?**

None! Coach will provide you with alternative depending on your fitness level.

### **Fitness Equipment requirement?**

None! Unless you have a favorite pair of dumbbells, come as you are - we've got you covered!

### **Do you provide nutrition coaching also?**

If you have any questions about dietary changes and how to make 2020 your healthiest year yet, speak to Coach Cannon!



[www.martialathletes.com](http://www.martialathletes.com)

# Martial Athletes

presents



**LIFT.HIT.FIT**

*GROUP FITNESS & KICKBOXING*