

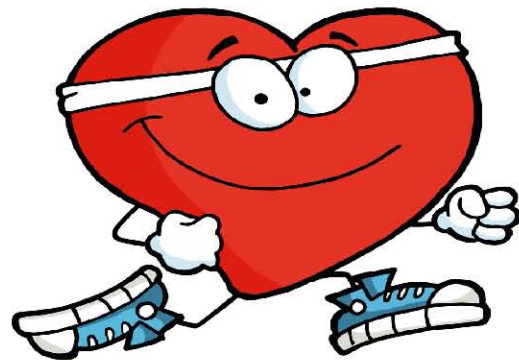


# PARKS AND RECREATION

## CARDIO FITNESS & SELF DEFENSE

Using Martial Arts to Exercise and Keep in Shape while learning how to defend yourself. This class is designed for the Cardiovascular Fitness aspect of Martial Arts. The movements that are practiced and rehearsed are derived from Self Defense Techniques of various different martial arts styles and systems. Burn calories, build strength, and develop flexibility.

Day: Tuesday  
Date: Session I: May 2 – May 23  
Session II: May 30 – June 27 (Do not meet June 20<sup>th</sup>)  
Session III: July 11 – August 1  
Time: 5:30 p.m. – 6:30 p.m.  
Fee: \$40 per resident \$60 per non-resident  
Age: 10 – Adult  
Location: Kiwanis Center



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