

KARATE & SELF-DEFENCE

FALL: September 12 – December 22, 2022 (ex. Oct 8, 10, and 24)

WINTER: January 9 – March 11, 2023 (ex. Feb 20)

Discover the HERO in YOU! Our martial art Karate program is taught by Richard Ouelette and his team from Inner Hero Martial Arts & Fitness.

Note: Your progress will vary based on number of classes attended per week.

YOUTH CLASSES (CHILDREN 7-14)

Want to help your child develop leadership and self-defense skills? Try this course focusing on self-defense, success strategies, and leadership skills. Your child will learn to defend against front, back, and ground attacks. Instructors will help participants build confidence, self-esteem, and grow as leaders. Note: Your progress will vary based on number of classes attended per week.

- **White to Green Belt — \$128**
Mondays 6:00pm – 6:45pm (Hall B) and Saturdays 12:30pm – 1:15pm (Hall A)
- **Blue to Jr. Black Belt — \$128**
Thursdays 6:00pm – 6:45pm (Hall A) and Saturdays 1:30pm – 2:15pm (Hall A)

ADULT CLASSES (15+ YEARS)

This course will help you learn karate skills like strikes, blocks, pressure points, throws, chokes, ground work, and free sparring. Get fit as you increase your confidence and learn valuable self-defense techniques. Bring out your inner Chuck Norris and start the journey to your black belt! Note: Your progress will vary based on number of classes attended per week.

- **White to Brown Belt — \$138 +HST**
Mondays 7:00pm – 7:45pm (Hall B) and Saturdays 2:30pm – 3:15pm (Hall A)
- **Black Belt — \$138 +HST**
Thursdays 7:00pm – 7:45pm (Hall A) and Saturdays 3:30pm - 5:00pm (Hall A)

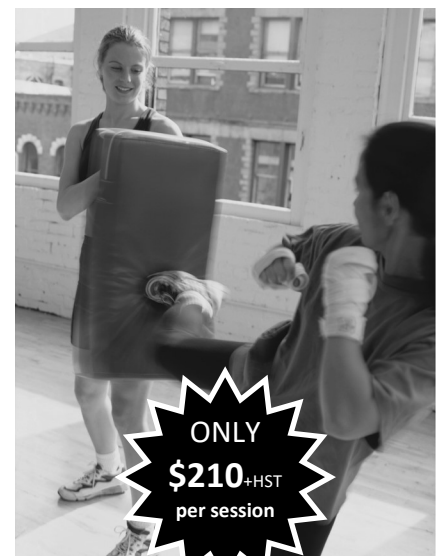
CARDIO KICKBOXING (15+ YEARS)

This is a fun, high-energy, kickboxing workout set to your favorite music.

Follow step-by-step guidance that adjusts to your fitness level. You'll punch and kick to a full-body workout, burning fat, building lean muscle tissue, strengthen, tone, and tighten. You'll leave this positive atmosphere feeling rejuvenated and awesome.

Note: Your progress will vary based on number of classes attended per week .

- **All Levels — \$118 +HST**
Mondays 8:00pm – 8:45pm (Hall B) And Thursdays 8:00 – 8:45pm (Hall A)



REGISTER FOR BOTH
Adult Karate & Cardio Kickboxing