



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OPEN HOUSE

September 14
10 am - 2 pm

COME ENJOY...

KIDS KARATE

10:15-11:15 AM

ADULT KARATE

11:15-12:15pm



YOUTH BASKETBALL DRILLS & SKILLS

12:30-2:00pm



Experience a 30-minute Personal Training Assisted Work-out
Please Contact **Laura Lu, Wellness Director** to sign up