

PREMIER MARTIAL ARTS

2121 N Tyler Road #205 316-833-1004 pmawichita@yahoo.com
Instructors Matt Jensby (Cardio) & Rachael Weber, Brett Staub (Karate)

Cardio Kickboxing

The Ultimate Workout!
It's an 800 calorie burning, stress relieving,
energizing, waist slimming, thigh tightening,
strength developing, fun & exciting
Tuesday & Thursday 8:15 - 9:00 pm
Session 1 March 2nd - 30th
Session 2 April 1st - 29th
Session 3 May 4th - 27th
Session 4 June 1st - June 29th
Session 5 July 1st - July 29th
*\$29/session * 3 sessions/\$75*
5 sessions/\$100
Registrations due one week prior
to beginning of each session.

KIDS KARATE

Kids 5 to 12 years old will have fun as they learn
basic martial arts & techniques to improve their
concentration, self discipline, respect and most
of all confidence!!
Saturdays 9:00 to 9:45
Session 1 March 6th - 27th
Session 2 April 3rd - 24th
Session 3 May 1st - 29th
Session 4 June 5th - 26th
Session 5 July 1st - 31st
\$39/session (includes a free t-shirt)
3 sessions/\$99 *5 sessions/\$149*
Registrations due one week prior
to beginning of each session.

GYMNASTICS

FOLGER'S GYMNASTICS

MARK/PENNY FOLGER

Classes held at Maize Recreation Center

\$65.00/Session Limit/12 class

~ SPRING SESSION ~

March 22nd-May 24th No classes April 5th & 6th; April 2th & 13th & May 3rd & 4th
Monday Class Tuesday Class (Preschool 5 & under)
5:15 any class 9:30
6:00 beginner/advanced 10:30
6:45 beginner/advanced

~ SUMMER SESSION ~

June 1st - July 20th
Tuesday Class
9:30 any class - open
10:15 preschool/beginner
11:00 beginner/advanced

**Registration ends a week prior
to class start date or until class
limits are reached**

Tai Chi Class

Randy Bane, Instructor

An excellent exercise program to develop health & well being. Movements are slow
& gentle, building muscle tone, strength & balance. Excellent for stress management.
Improves strength for heart, lungs, legs & back.

*\$25/person *Adults 18 & older *Maize Recreation Center
*4 Week Class *April 1st, 15th, 22nd & 29th *Thursdays 6:00 - 7:00 pm
*Min/8 Max/20 ** Deadline for registration March 26th**