

PROGRAMS FOR EVERYONE!

Brazilian Jiu Jitsu: Jump on the mat and learn sweeps, position control and submission techniques. Brazilian Jiu Jitsu is the ultimate ground fighting art, focusing on using your opponents strength and leverage to your advantage. Similar to wrestling, BJJ players can be found fluidly rolling on the mat looking for the perfect timing for execution of their technique, all while building great cardiovascular stamina. Ages 14+.

Cage Fitness: Kick, Punch, Sweat! Cage Fitness is the newest cutting edge workout designed for men and women who want to get in the best shape of their lives. Designed and tested by nine time welterweight champion MATT HUGHES, this workout is like nothing you've ever seen before. This 30 minute, "five round", workout targets all areas of the body and includes cardio, flexibility and strength training. Come on in and take the Matt Hughes Challenge for yourself!

Taijiquan (Tai Chi quan): Come study the ancient Chen Family Taijiquan (Tai Chi quan) as it was handed down by nineteen generations of masters.

Chen Taijiquan can be practiced solely for its health benefits and/or as an internal martial art. Research has shown that when Taiji is practiced with a graceful, slow, and light movement, it can enhance longevity.

Created originally as a martial art, Traditional Chen Taiji is characterized by low powerful stances, supple whole-body coiling movements and explosive releases of power.

Classes are offered by Griffon Walker, student of Master Wong Wai yi. Sifu Walker has over thirty years of martial arts experience in variety of disciplines.

Yoga: Laurie Broderick-Burr began practicing and teaching yoga in the early 1980's. She has a degree in Dance, a Community College teaching credential, and has been a Massage Therapist for 20 years. Laurie has studied extensively with such yoga luminaries as Judith Lasater, Kofi Busia, and Aadil Palkhivala. Please visit www.yogaburr.com for more info.