



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING CONFIDENCE & SELF DISCIPLINE

Karate 2019 AEROBICS STUDIO

Shito Ryu Karate-Do contains the elements of traditional karate training, that of "Karate-Jitsu" (karate technique) and Karate-Do. Karate-Do is the "way" in which a karate student develops not the fighting skills, but the self confidence and the discipline needed to lead a productive life and become a valuable member of the community.

When: Tuesdays & Thursdays
Time: 7:30pm-8:30pm

Cost: Y members \$25/month
Participants \$35/month

Ages: 8 years and up

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