

# **Family Self-Defense & Fitness Class**

## **Wednesdays from 6:30 - 7:30 PM**

### **Vineyard Church of Knox County**

### **Starts Wednesday, February 6th**

**Enroll 1 person and the rest of the family is free!**



Start the year off right with an 8-week class that teaches self-defense strategies using kenpo karate and kick start your fitness goals for 2019! The cost is \$40 for yourself or your whole family. Registration will be at the door the first night from 6:00 - 6:30 PM. Ages 8 and up; Vineyard Church is located at 806 Harcourt Road.

**Cardio**

**Strength**

**Agility**

**Flexibility**

**Balance**



Self-defense/karate will be taught by Bob Zoldak, an 8th degree black belt with over 30 years of experience. Fitness training will be led by Greg Weyrich, who has a Masters of Science in Physical Education with over 3 decades of coaching, teaching and training at the collegiate and professional levels.

**Get off your tech and engage your whole body, mind and family!**