

LI Strive @ Dance Centre of the Hamptons
presents:

MIXED MARTIAL ARTS COMMUNITY CLASS



Our Mixed Martial Arts class is designed for teens and adults ages 14+. Students in this small class will learn a combination of martial arts styles in a support inclusive environment.

WHAT YOU WILL LEARN:

- Discipline
- Focus
- Confidence
- Build strength & coordination
- Endurance
- Proper form
- Conditioning drills
- Real world applications of martial arts skills

SUNDAYS
12:30-1:20 PM
AGES 14+
\$110/CLASS
OFFERED
2X/MONTH

460 County Rd 111,
Ste 21
Manorville, NY 11949
631-223-8806

**FOR MORE INFORMATION AND TO REGISTER
VISIT US AT LISTRIVE.COM**