

LI Strive @ Dance Centre of the Hamptons

presents:

MIXED MARTIAL ARTS COMMUNITY CLASS



Program Title: Mixed Martial Arts - 12:45 PM Class

- Location: LI Strive - 460 County Rd 111, Manorville, NY
- Dates / Day / Time: 9/1/25-8/31/25 Every other Sunday, 12:45-1:30 PM
- Open To: Everyone ages 14+
- Program Cost: \$110/class
- Description:

Teens and adults learn a combination of martial arts styles in a supportive, inclusive environment. Focus areas include discipline, focus, confidence, strength, coordination, endurance, proper form, conditioning drills, and real-world application of skills.

Instructor: Steven Ventimiglia, MMA Trainer

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