

# MMA/KARATE COMMUNITY CLASS



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.

## SUNDAYS

12:30-1:30PM

1:30 -2:30PM

\$75 GROUP

\$110 INDIVIDUAL

## MONDAYS

5:00-6:00 PM

INSTRUCTOR: STEVE VENTIMIGLIA

Dates: August 1, 2026- July 31, 2027



631-223-8806



LI Strive...An inclusive community where everyone thrives!...