



COMBO
— FIT

MARTIAL ARTS

Together We Raise

CHAMPS



THE PROGRAM

ComboFit Champs is a martial arts inspired fitness program with upbeat music and interactive games for a fun workout that builds confidence, focus, perseverance and good habits that last a lifetime!



Mini Champs:
TK – Kindergarten
Champs:
1st – 6th Grade



CLASS TIMES:
During or after school hours

DURATION:
Seasonal or year round



ALL-INCLUSIVE
Our all-inclusive program is \$79 every two weeks and includes ComboFit power bands to celebrate your child's progress, along with fun extras.





CLASS STRUCTURE

Warm-Up:

Fun stretches and light cardio to get kids moving and ready.



Games & Challenges:

Interactive activities that build teamwork, confidence, and focus.



Skills Building:

Martial arts inspired exercises paired with upbeat music to build coordination, confidence, and strength.



Cool-Down:

Deep breathing and reflection to reset for the day.

**ComboFit isn't just a program
it's a positive, encouraging space where kids
thrive.**





Helping Students Become CHAMPS

CHAMPS is the heart of our program
teaching values that students carry for a lifetime.

C

● — ● CONFIDENT

H

● — ● HEALTHY

A

● — ● ACHIVING

M

● — ● MINDFUL

P

● — ● PERSEVERANT

S

● — ● STRONG

ComboFit empowers kids,
CHAMPS for a lifetime



CHAMPS Journey

Kids stay motivated when they can see their progress. With CHAMPS, every color level and star celebrates their effort, focus, and achievement. Making growth fun and exciting.



Color levels show advancement and keep kids excited.



Stars reward consistency and personal growth.



Recognition builds confidence, teamwork, and perseverance.



The Champs journey keeps kids motivated, engaged, and proud of their progress, while building successful life skills.

1 EMERGING CHAMP
★★

2 RISING CHAMP
★★★

3 MIGHTY CHAMP
★★★★

4 ALL-STAR CHAMP
★★★★★

5 TITAN CHAMP
★★★★★

6 SUPER CHAMP
★★★★★

7 EPIC CHAMP
★★★★★

8 LEGENDARY CHAMP
★★★★★

9 ULTIMATE CHAMP
★★★★★

THE POWER OF MOVEMENT

**Movement isn't just about exercise
It transforms the way kids learn and grow**



CONFIDENCE & SELF-ESTEEM

Your child builds confidence through positive coaching, encouragement, and reaching goals, helping them believe in themselves on and off.



LIFELONG HABITS

Active habits built now help set the foundation for good habits and successful life skills



SOCIAL SKILLS & FRIENDSHIPS

Your child practices teamwork, communication, and respect while forming healthy friendships in a supportive environment.



FOCUS & EMOTIONAL REGULATION

Movement helps your child manage energy, reduce stress, and improve focus.

OUR PURPOSE

A photograph of a gym scene with a teal overlay. In the foreground, a woman in a white tank top and purple leggings is seen from the back, looking towards the right. In the background, other people are exercising. A large red circle is on the left side of the image, and a red circle with a white ring is in the bottom right corner.

We believe
everyone has a
champion inside,
our mission is to
bring it out