| *Have a 2025 Fitness Resolution for your Family?*  *Kick it off with us*  *at a Fitness Star program Info Session.*  When?  Thursday, January 2; 7pm -7:30pm  OR  Friday, January 3; 6pm – 6:30pm  Where? @ our Dojo  Cost? Free for our dojo family.  WHO CAN ATTEND?   * BASIC THRU BLACK BELT STUDENTS * PARENTS OF LITTLE DRAGONS thru BLACK BELTS * SIBLINGS (8 YRS.OLD & UP) | Why?   * Get a better understanding of the program & its benefits for you and/or your child. * Jump start your or your child’s physical fitness. * Learn how to do the different exercises correctly, as well as the modifiers. * Find out how we can help you/your child reach fitness goals.   Scan the QR Code to RSVP by 1/1/25  C:\Users\tjcoa\Dropbox\Karate (Dropbox April 15)\Aidan's Summer Internship 2022\Takedown Seminar\Fitness star Info session.png |
| --- | --- |