| *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 -7:30pmORFriday, January 3; 6pm – 6:30pmWhere? @ our DojoCost? 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 1/1/25C:\Users\tjcoa\Dropbox\Karate (Dropbox April 15)\Aidan's Summer Internship 2022\Takedown Seminar\Fitness star Info session.png |
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