



# MARTIAL ARTS NIGHT



**Special Guest:**

**TM MARTIAL ARTS ACADEMY**

**November 30<sup>th</sup> 6:30pm-7:30pm**

**\$1.00 Per Family**

\*TM Martial Arts will be teaching a class at Family Fitness Night! The class teaches leadership and good character through martial arts! In this class, students will learn the 4 laws of concentration, the 7 words of respect and an introduction to basic self-defense techniques. EVERY PARTICIPANT will take home a VIP Pass for 2 weeks of FREE Classes at TM Martial Arts Academy. \*

**Check in at the PTO table**

**Come to 3 Family Fitness nights and get a Spirit Monkey  
Come to ALL the Family Fitness Nights and get a prize!**

**Bring family, friends, and neighbors! ALL are welcome!**

