



# Wood's Premier Martial Arts

905-777-9663

[www.premiermartialarts.ca](http://www.premiermartialarts.ca)

May 1 2014



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Tiny Champions 3 &amp; 4 Year Olds</b>			5:30—6:00pm (Downstairs)				
<b>Little Champions 5-7 Year Olds 30 Minute Basic 45 Minute BBT</b>	4:00—4:45pm Weapons	10:00—10:45am (Summer Only) 6:15—7:00pm Weapons	4:15—5:00pm Sparing	10:45—11:30am (Summer Only) 5:30—6:15pm Sparing	4:45—5:30 Weapons	10:00— 10:45am Sparing	
<b>White, Yellow &amp; Orange Belts 8—13 Year Olds 30 Minute Basic 45 Minute BBT</b>	4:45—5:30pm Weapons	10:45—11:30am (Summer Only) 4:00—4:45pm Weapons	5:00—5:45pm Sparing	10:00—10:45am (Summer Only) 6:15—7:00pm Sparing	5:30—6:15pm Weapons	10:45— 11:30am Sparing	
<b>Purple, and Up 8—13 Year Olds 45 Minute BBT</b>	5:30—6:15pm Weapons	10:45—11:30am (Summer Only) 4:45—5:30 Weapons		10:00—10:45am (Summer Only) 4:00—4:45pm Sparing	6:15—7:00pm Weapons	11:30— 12:15pm Sparing	
<b>Premier Training 45 Minute Class</b>			5:45pm Brazilian Jiu Jitsu				
<b>Leadership Training 30 Minute Class</b>			6:30pm				
<b>Teen (12-16) Krav Maga</b>		5:30-6:15pm		4:45-5:30pm			
<b>Krav Maga 1 Hour 1hr15min BBT</b>	7:00p 8:00pm Weapons	7:00pm 8:00pm Weapons	7:00pm 8:00pm Sparing	12:00pm 7:00pm 8:00pm Sparing	6:30pm	9:00am	

## Fitness Classes

<b>CROSSKICK</b> Fitness Kickboxing meets cross training	9:30am 5:00-5:45pm 7:15-8:00pm	5:15-6:00pm 6:15-6:45pm	9:30-10:00am 7:15 -8:00pm	6:15-6:45pm 7:00-7:45pm	9:30-10:15am 5:15-6:00pm	9:30-10:15am	9:30- 10:15am
<b>TRX Suspension Band Training</b> Additional fee may apply	6:15-7:00pm	9:30-10:15am		5:30-6:00pm		8:30am	
<b>Power Yoga 1 Hr Classes</b>		8:15pm				8:00am	
<b>Bikini Body Boot Camp</b> (Classes designed to tone, sculpt, muscles and lose weight)	6:00am 9:30am 5:00-5:45pm 6:15-7:00pm TRX 7:15-8pm	9:30am TRX-Body Rock 5:15-6:00pm 6:15-6:45pm Cage Fitness	6:00am Cage Fitness 9:30am Cardio 6:15pm Body Rock 7:15-8:00pm CK	9:30am Body Rock-TRX 6:15-6:45pm Cage Fitness	6:00am 9:30am Resistance 5:15-6:00pm CK	9:30am Cardio	9:30am
<b>Matt Hughes Cage Fitness 30 Minute Class</b>		6:15pm Downstairs	9:30 am Downstairs	6:15pm Downstairs			

## **PREMIER MARTIAL ARTS "NOT JUST ANOTHER KIDS SPORT"**

Premier Martial Arts is not just another after-school activity. Basketball, soccer and baseball are all great activities for children, but Premier Martial Arts is personal development through a physical discipline. Our exciting, yet disciplined, classes focus a child's attention, thus improving his or her confidence is the first step in the empowerment of an individual's physical and mental abilities.

Once we begin to develop a student's self confidence we are then able to instill the values of respect, courtesy, honesty, perseverance and integrity that are the foundation of martial arts dating back thousands of years.

Furthermore, your child will develop perseverance, which is a non-quitting spirit to overcome life's obstacles. Instilling a non-quitting spirit helps a child overcome challenges to succeed in the face of adversity and to be a goal setter and a goal getter.

These combined physical and character foundations that Premier Martial Arts develop helps children excel in their academic school studies, sports and social endeavors. It ensures that they will have the confidence in themselves and the character to make the right decisions when confronted with negative peer pressure. They will be leaders not followers.

### **FIT MIND AND FIT BODY**

Fast food, video games, and too much TV, combined with a decrease in exercise, have put today's children in an obesity epidemic! Currently 1 in every 3 children are considered overweight by the American Obesity Association and that figure is expected to grow to 1 out of every 2 children within the next few years.

At Premier Martial Arts we teach children to Fight to be Fit! We develop healthy children with healthy minds so they have the energy and fitness to be leaders and succeed at life's challenges.

### **NO ONE SITS ON THE BENCH AT PREMIER MARTIAL ARTS**

Martial Arts is not a team sport, the only person that you are competing with is "Yourself". Students come to us from age four to sixty four. Some students are in shape, while others are overweight. Some come for self defense, fitness and others for fun. Each person is treated equally, and is trained to the best of their own ability and potential. A student is never compared to anyone else. At Premier Martial Arts our instructors are there to guide, instruct, and motivate you to be the best that you can be.

### **WHAT ARE YOU WAITING FOR PARENTS? GETTING YOUR CHILD STARTED IS EASY!**

Physical and Mental Empowerment for your child is only one decision away! They don't have to be in shape and there is no prior experience necessary. For your child to experience the excitement and challenge of Premier Martial Arts, we invite you to come in to begin your child's, Introductory Martial Arts Course!

You will have the opportunity to speak with the instructors and meet our friendly and professional staff. Through this introductory course, you and your child will get a first hand understanding of the excitement, energy, empowerment, and life changing benefits of Premier Martial Arts!

### **KRAV MAGA "PRACTICAL ADULT SELF DEFENSE"**

Krav Maga which translates to "contact combat" is a no nonsense, practical approach to self defense. It is the official hand to hand combat system of the Israeli Defense Forces and has been embraced by military and law enforcement throughout the world.

### **BIKINI BODY BOOT CAMP**

Bikini Body Boot Camp is a 10 week program designed to get you in the best shape of your life, lose weight and tone your body. If you can't seem to lose weight and you have tried almost every fad diet on the market then you need the BIKINI BODY BOOT CAMP. Some people resort to hiring a personal trainer and still can't get the desired results. BIKINI BODY BOOT CAMP can help you get the results you desire at a fraction of the cost of a personal trainer. Next session beginning soon, please call or email for dates.

### **CARDIOKICKBOX**

cardioKICKBOX is the ultimate workout designed for all fitness levels. This high energy program in which you can burn up to 800 calories per class, is a non-contact aerobic workout designed to tone and strengthen your entire body. Since the class has a strength conditioning component, it will help your body produce lean muscles and burn fat faster.

### **POWER YOGA**

We have a modern approach to an ancient art. It is a great core strengthening work-out with lots of focus on forms and movement. Very flowing class, great total sport conditioning work-out

### **CAGE FITNESS™**

**CAGE FITNESS™** is a complete mixed martial arts fitness training system that is based on the structure of a championship MMA bout. What this means is that Cage Fitness™ will give you a whole body workout over 5 – 5 minute rounds. The key elements that Cage Fitness focuses on are endurance, strength, power, and core. This is accomplished through our 5 round fitness system. The rounds are broken up into the following categories: Warm Up, Upper Body, Lower Body, Combo Round, Cool Down/Core