# 

**LIL DRAGONS**

**AGES 4 - 5**

**WEDNESDAYS**

**5:00– 5:45PM**

**OR**

**6:00-6:45PM**

***$80/6 week session***

**VISIT US AT:** [**WWW.FIGHTINGDRAGONSPA.COM**](http://WWW.FIGHTINGDRAGONSPA.COM) **VISIT US ON FACEBOOK (FIGHTING DRAGONS)**



717 -361-1603 OR 717-587-4848 101 CHERRY STREET ELIZABETHTOWN PA

**MASTER INSTRUCTOR SHAWN LISKEY**

**Free fitness room for all family members over 18. Workout and watch while your kids are taking karate! All memberships include free fitness room. treadmills, bikes, steppers, weights, machines…**

* Active shooter programs
* Fitness Program Design
* Fitness Assessments
* Sports Training
* W.A.V.E (woman self defense)
* Tactical street Training
* Flexibility Rehab
* Personal training

**M**ixed **M**artial **A**rts

**&**

**Full Contact Kickboxing**

**MON & WED**

**7:30-8:30PM**

**$80/MONTH**

**IF YOU SEE A CLASS THAT INTERESTS YOU, CALL AND SET UP A FREE CLASS TODAY!**

**FAMILY CLASSES**

**Moms, Dads, Kids**

**WEDNESDAY 5-6PM**

**MON & THUR**

**6:15PM – 7:15PM**

***$80/MONTHLY***

**ADULT CLASSES**

**AGES 15 AND OLDER**

**WEDNESDAY 5:00-6:00**

**MON & THUR**

**6:15PM – 7:15PM**

**$80/ month**

**COMBAT FITNESS**

**TUE & FRI**

**6-7pm**

**Ages 13 and older**

***$30/MONTH***

**Incredible fitness class!**



**KIDS CLASSES**

**WEDNESDAY 5-6 (ALL RANKS)**

**MON & THUR 5-6pm**

**Beginners (Lil Dragons room)**

**Advanced (main floor)**

**Mon & Thur 5-6pm**

**$80/ month**

**GYMNASTICS**

**WWW.ETOWNGYMNASTICS.COM**

**CONTACT Coach Mary**

**717-538-8310**