

FIGHTING DRAGONS



VISIT US AT: WWW.FIGHTINGDRAGONSPA.COM

VISIT US ON FACEBOOK (FIGHTING DRAGONS)

KIDS CLASSES

AGES 6-14

MON & THUR

5:00-6:00P

WED 5-6P (ALL AGES)

\$90/ monthly, \$160 FOR 2 KIDS

FAMILY UNLIMITED CLASSES \$180

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...

Mixed Martial Arts

Boxing, Kickboxing, BJJ

MON & WED 7:30-8:30PM

Train in our boxing ring!

\$90/ monthly, \$160 FOR 2 KIDS

FAMILY UNLIMITED CLASSES \$180

ADULT CLASSES

& Families

MON & THUR

6:15PM – 7:15PM

WED 5-6 (ALL AGES)

\$90/ monthly, \$160 FOR 2 MEMBERS

FAMILY UNLIMITED CLASSES \$180



- Martial arts personal lessons
 - Fitness Program Design
 - Fitness Assessments
 - Sports Training
 - W.A.V.E (woman self-defense)
 - Tactical street Training
 - Flexibility Rehab
 - Personal training
- \$180 for 3 lessons

GYMNASTICS

WWW.ETOWNGYMNASTICS.COM

TUESDAY: 4:45-5:45 (4-6 YEARS OLD)

SATURDAY: 10AM (7-9 YEARS OLD)

SATURDAY: 11AM (9-14 YEARS OLD)

CONTACT Coach Mary

717-538-8310

FITNESS PACKAGE

MONDAY: INSANITY 9:30 AM (INFANTS & TODDLERS WELCOME)

TUESDAY: COMBAT 6PM

WEDNESDAY: ZUMBA DANCE 6:15 PM

THURSDAY:

FRIDAY: POUND 6:00PM

SATURDAY: CORE DE FORCE 8:30AM

\$35 MONTHLY
(UNLIMITED CLASSES)
\$10 WALK IN
NO CONTRACTS

LIL DRAGONS

AGES 4 - 5

FRIDAY'S

5PM – 5:45PM

\$90/6 week session

\$160 FOR 2 KIDS/6 weeks

FAMILY UNLIMITED CLASSES \$180