## Project 8 - Fight Fitness Training Mix Martial Arts

Instructor: Emeka Nnabuaku

Our curriculum is a portrayal of what it's like in a UFC fighter's training camp. Participants will learn different disciplines, each with a vast array of techniques from proven arts styles like Brazilian Jiu-Jitsu, Muay Thai, Sambo, Taekwondo, Boxing, and Judo. This course is a fantastic way to reduce stress, build self-confidence and is mentally, and physically rewarding. Participants will get in fighting shape. Ranking promotions will be held every three months. Everyone will be challenged to execute techniques, and show endurance and maturity as a martial artist in each exam. *Bring your mouth piece, head gear, shin pads, hand wraps and gloves*.

This class offers a \$10 drop in.

## **Tuesdays and Thursdays**

CLASS#	AGE	DATES	TIME	#CLSS	\$(RES/NR)
131100-00	15+	1/6-1/29	7:15-8:15pm	8	\$70/\$77
131100-10	15+	2/3-2/26	7:15-8:15pm	8	\$70/\$77
131100-20	15+	3/3-3/31	7:15-8:15pm	9	\$79/\$86.5
131100-30	15+	4/2-4/30	7:15-8:15pm	9	\$79/\$86.5

## **Saturdays**

CLASS#	AGE	DATES	TIME	#CLSS	\$(RES/NR)
131115-00	15+	1/10-1/31	9:30-10:45am	1 4	\$35/\$38.50
131115-10	15+	2/7-2/28	9:30-10:45am	1 4	\$35/\$38.50
131115-20	15+	3/7-3/28	9:30-10:45am	1 4	\$35/\$38.50
131115-30	15+	4/4-4/25	9·30-10·45am	1 4	\$35/\$38.50

Register in person at our rec centers or online at www.cityofcarrollton.com/signupnow/

Crosby Recreation Center 1610 E. Crosby Road, Carrollton, 75006 972-466-9810

