

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Taekwondo

Instructor: Christine Zejda

- ATA certified 3rd Degree Black Belt
- Over 12 years experience studying & instructing Taekwondo

Format: Class will meet on Fridays from 5:30pm-7:30pm. The class will be comprised of 70% kicks and 30% upper body (hand/arm) workout. Beginners (White Belts) & Orange Belt Student's classes will last 1 hour (5:30-6:30pm) on Fridays.

Class Length: On-going

Ages: Participants ages 6 years and up (including adults) are welcomed into the class.

Fees: **Members:** \$40/month for White Belt Students & Orange Belt Students. (Also new members will receive a **FREE UNIFORM** with this monthly fee.)

\$55/month for Yellow thru Black Belt Students. (This will include an **Extra 30 Minutes** classes to learn **Sparring & Weapons.**)

Non-Members: \$80/month for White Belt Students & Orange Belt Students. (Also new members will receive a **FREE UNIFORM** with this monthly fee.)

\$110/month for Yellow thru Black Belt Students. (This will include an **Extra 30 Minutes** classes to learn **Sparring & Weapons.**)

**** Hours that are not used do not carry-over into the next month.**

Questions: Please call Stacy Crase at 620-275-1199 or email @ gckymca.fitness@gmail.com

Taekwondo Registration Form	
Name: _____	Phone: _____ DOB: _____
Parent Name (if under 18) _____	DOB: _____
Address: _____	City: _____ State: _____ Zip: _____
Email: _____	
Office Use Only: Director Please Call _____	Staff Initials _____