

Adult Fitness Classes!

Karate America Evansville provides
a fun way to get in shape and stay in shape!

Classes are 1 hour long and provide a dynamic mix of:

Cardio Fitness!

Endurance!

Stretching!

Strength Building!

This class is open to anyone age 16 and up.

This is not a “Karate” class, so there won’t be uniforms or belts, just wear whatever you’d feel comfortable in, bring a towel, and get ready to work up a good sweat!

The cost is \$40 per month or \$5 per class if you prefer to drop in and pay as you go.

Classes meet 3 times per week. Look for the class schedule at www.kaevansville.com.



Feel free to call or email for more info!
608-882-2444
kaevansville@tds.net

This is a great way to get going on that goal of being in the best shape of your life, regardless of your age or fitness level. We know that everyone has to start somewhere, and this class will be a safe way to not only work hard, but also to learn the right way to stretch and train that will be beneficial to every part of your life.