

# Oneida Family Fitness Beginner Tae Kwon Do

**New 6-week Beginner Session Begins**

**Monday, September 12 — Monday, October 17, 2016**

**Class Time: 5:00 p.m.—5:45 p.m.**



Oneida Family Fitness is the place to go if you want to improve your self confidence, physical fitness, perseverance and self defense skills!

**Intro to Tae Kwon Do** introduces students to the Korean martial art of blocks, kicks, and punches. This class teaches leadership skills, life skills, and focus.

**Cost:**

O.F.F. Members: **\$30**

Non-O.F.F. Members: **\$60**

**Class available for all ages 6 and older**  
**Great Family Activity!**



Class sizes are limited so stop in and register early to reserve your spot!  
Call (920) 490-3730 for questions.