

## Mr. Kevin Todoroff

5th Degree Black Belt  
1st Degree Black Belt in the  
Joe Lewis fighting system Certified  
instructor with AIKIA

### Private Lessons & Private Groups available

Private Instruction w/Mr. T-

\$35—1/2 hour    \$60 1 hour

Private Clinics w/ Mr. T-

# of students	2	3	4	5
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Fee per student	\$33	\$24	\$20	\$17
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### Martial Arts Policies:

Full payment is due upon registration.

No Refunds.

Make-ups are allowed within the SAME session as registered NOT carried over to next session. MUST BE SCHEDULED THRU MR. T DIRECTLY

\$65 Annual Non-Member registration  
fee required

Make sure to follow us on



## ***NEW CLASSES***

### **ADULT**

40 & over

Wednesdays

6:30- 7:30pm

### **FUN FITNESS**

Mondays @ 6:30pm  
Games, fun & fitness

ALL RANKS

(Youth)

Friday 5:30-6:30pm

### **Belt Testing**

Several times throughout the year, students are encouraged to *Test* and progress to the “next” Belt Level. They are fitted with the appropriate color belt for the next phase of their training.

Parents will receive notification of upcoming Belt Testing & are welcome and encouraged to view their child’s Belt Tests.



*Information subject to change*



## American Freestyle **MARTIAL ARTS**

### Winter/Spring 2018



**248.626.9880**  
**EXT. 3**

# American Freestyle

## Martial Arts

Adults / Teen (age 13 & up)  
Children (ages 5-13)

### SESSION:

#### WINTER (10 weeks)

Feb 5th—April 15th

#### SPRING (9 weeks)

April 16th-June 17th

(Omit May 26-28th)

## Little NINJAS (ages 3-5)

Our **Little Ninja** Program is an **Introduction to Martial Arts for children 3-5 years of age.**

Concentrating on developing self-discipline, self-esteem, gross motor skills and increased attention span. Activities are designed to increase muscle tone, flexibility and agility while creating a fun & encouraging environment.

**FREE shirt & pants for new Little Ninja students**

Tue 5:30-6:15  
Thu 5:30-6:15  
Sat 9:15-10:00 am



1 x a week prices:

<b>Cost :</b>	<b>10wks</b>	<b>9 wks</b>
Fitness Member	\$144	\$130
Tennis/Non-Member	\$160	\$144

## Class Schedule

### WH/ OR/YW

Mon. 4:30-5:30 Wed. 4:30-5:30

Thur. 6:30-7:30 Sat. 11-1200

### FUN FITNESS

Mon 6:30-7:30 Fri 4:30-5:30

### ALL RANKS (Youth)

Fri 5:30- 6:30

### ADULT/TEEN

Tue 6:30-7:30 Thu 7:30-8:30

Sat 10-11:00

### ADULTS 40 & over

Wed 6:30-7:30

### Registration options:

<u>1 day per week:</u>	<b>10 wks</b>	<b>9 wks</b>
Fitness Member	\$180	\$162
Tennis/Non-Member	\$199	\$180

<u>2 days per week:</u>	<b>10 wks</b>	<b>9 wks</b>
Fitness Member	\$285	\$257
Tennis/Non-Member	\$314	\$284

<u>Unlimited:</u>	<b>10 wks</b>	<b>9 wks</b>
Fitness Member	\$355	\$320
Tennis/Non-Member	\$391	\$354

**Private Lessons are available**  
contact Mr. Todoroff  
@ 248-626-9880 ext. 128

## Class Schedule

**NEW FORMAT FOR  
CAMO & ABOVE**

**Minimum of 2 x a week**

### CAMO-BLK

Mon. 5:30-630 Tue 4:30-5:30

Wed 5:30-6:30 Thur. 4:30-530

### CAMO-GRN

Sat. 12:00-1:00

### BLUE-BLACK

Sat 1:00-2:00

### ALL RANKS (Youth)

Fri 5:30- 6:30

### FUN FITNESS **\*\*Unlimited option only\*\***

Mon 6:30-7:30 Fri 4:30-5:30

### Registration options:

<u>2 days per week:</u>	<b>10 wks</b>	<b>9 wks</b>
Fitness Member	\$285	\$257
Tennis/Non-Member	\$314	\$284

<u>Unlimited:</u>	<b>10 wks</b>	<b>9 wks</b>
Fitness Member	\$355	\$320
Tennis/Non-Member	\$391	\$354

## BELT TRIAL

**-Try our Program-**  
4 weeks of

**Unlimited Classes for \$69**

*first-time students only*

**Start any date**

(Applies to: White Belt, Fun Fitness & Adult/Teen)