

Adult Martial Arts

Location: Extreme Martial Arts Center
7753 Roseville Road, Suite E
Sacramento, CA 95842
Phone: 726-5425



Tai Chi - \$49	Beginner Tai Chi (16+ years)		Senior Tai Chi (50+ years)	
Punch Card: 4423.310 - \$54 Valid for 8 classes anytime within 2 months	Mon/Wed	6:00 - 6:45pm	Mon/Wed	11:00 - 11:45am
Yang Style Tai Chi is well known for its superior health benefits throughout the world. In our class you practice basic warm ups and short forms that will increase strength, flexibility, balance, circulation and focus! Tai Chi will help calm the mind and release the mental and physical tensions of our modern day lifestyles!	10/2 - 10/30	4423.301	10/2 - 10/30	4424.301
	11/1 - 11/29*	4423.302	11/1 - 11/29*	4424.302
	12/4 - 12/27*	4423.303	12/4 - 12/27*	4424.303
	1/3 - 1/31	4423.304	1/3 - 1/31	4424.304
	2/5 - 2/28	4423.305	2/5 - 2/28	4424.305
	3/5 - 3/28	4423.306	3/5 - 3/28	4424.306

Adult Kung Fu Fitness (16+ years)	Mon/Wed 7:00 - 7:45pm \$49*	
Punch Card: 4422.310 - \$54 Valid for 8 classes anytime within 2 months	*additional one time boxing glove fee: \$19.99+ tax	
Tired of the dreaded gym workouts? This classes goal is to provide you with the most efficient, effective, challenging and fun workout! Burn fat and strengthen the body and mind. Our instructors motivate you and inspire you to get the results you want!	10/2 - 10/30	4422.301
	11/1 - 11/29*	4422.302
	12/4 - 12/27*	4422.303
	1/3 - 1/31	4422.304
	2/5 - 2/28	4422.305
	3/5 - 3/28	4422.306

MMA Fitness (15+ years)	
Tue/Thur 7:30 - 8:30pm \$49	
Our MMA/FITNESS students can expect a fun, high intensity, full body workout that develops real fighting ability while emphasizing the values of positive attitude, respect, and humility to encourage a training environment that is suitable for students of all ages and abilities. Team Extreme's MMA/FITNESS workouts will leave your body drenched, your muscles fatigued and your mind at peace.	
10/3 - 10/26	4426.301
11/2 - 11/30*	4426.302
12/5 - 12/28	4426.303
1/2 - 1/30	4426.304
2/1 - 2/27	4426.305
3/1 - 3/29	4426.306

Brazilian Jiu-Jitsu (14+ years)	Tue/Thur 12:00 - 1:30pm \$49*	
Brazilian Jiu-Jitsu emphasizes grappling techniques uses to defeat an opponent. The goal is to attain a dominant position and then apply a submission technique in which to defeat an opponent by way of submission. Brazilian Jiu-Jitsu doesn't rely solely on size and strength; rather it utilizes leverage, positioning and timing.	10/3 - 10/26	4425.301
	11/2 - 11/30*	4425.302
	12/5 - 12/28	4425.303
	1/2 - 1/30	4425.304
	2/1 - 2/27	4425.305
	3/1 - 3/29	4425.306

*additional one time Gi Uniform fee: \$75

No class *11/20, 11/22, 11/23, 12/25

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