

Adult Martial Arts



Fight Fit - Fight Ready (15+ years)

The Fight Fit - Fight Ready program is a powerful training experience that will build not only your muscles, but also your mental toughness and self-confidence. The program combines power and strength training as well as high-level work capacity circuits, using combat strength training power equipment and body weight exercises. You will gain a new confidence that you can handle any situation that comes your way!

Tue & Thur 5:30 - 6:30am \$49

4/4 - 4/27	4426.201
5/2 - 5/30	4426.202
6/1 - 6/29	4426.203
7/6 - 7/27	4426.204
8/1 - 8/31	4426.205
9/5 - 9/26	4426.206

Adult Self Defense (16+ years)

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!

Mon & Wed 7:00 - 7:45pm \$49*

additional one time boxing glove fee: \$19.99+ tax

4/3 - 4/24	4422.201
5/1 - 5/31	4422.202
6/5 - 6/28	4422.203
7/3 - 7/31	4422.204
8/2 - 8/30	4422.205
9/4 - 9/27	4422.206

Punch Card: 4422.210 - \$54

Valid for 8 classes anytime within 2 months

Tai Chi Classes

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!

Punch Card: 4423.210 - \$54

Valid for 8 classes anytime within 2 months

Beginner Tai Chi (16+ years)

Mon & Wed 6:00 - 6:45pm \$49

4/3 - 4/24	4423.201
5/1 - 5/31	4423.202
6/5 - 6/28	4423.203
7/3 - 7/31	4423.204
8/2 - 8/30	4423.205
9/4 - 9/27	4423.206

Senior Tai Chi (55+ years)

Mon & Wed 11:00 - 11:45am \$49

4/3 - 4/24	4424.201
5/1 - 5/31	4424.202
6/5 - 6/28	4424.203
7/3 - 7/31	4424.204
8/2 - 8/30	4424.205
9/4 - 9/27	4424.206

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

7801 Auburn Blvd.
Citrus Heights, CA 95610
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www.sunriseparks.com

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