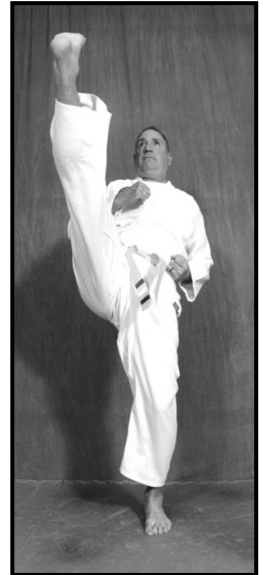


# Martial Arts at Great for the Whole Family

According to exercise physiologists, Taekwondo is the only physical activity rating high in all medical categories. It stresses aerobic development, cardiovascular conditioning, flexibility, muscle toning, balance, and coordination, as well as developing poise and confidence. People of any age or physical conditioning can participate in a program designed to gradually take the beginner to a high level of physical well-being. It is the ultimate martial art for total body development and fitness.



Try a

**FREE CLASS today!!**

MTA Ozark Martial Arts at the  
Ozark Community Center  
1530 W. Jackson  
Ozark, MO 65721

**Call: 840-2253**



	Monday	Tuesday	Thursday	Friday
5:30 - 6:00 PM		Little Dragons	Little Dragons	
5:45 - 6:15 PM	Little Dragons			
6:00 - 7:00 PM		White & Yellow		White thru Blue
6:00 - 6:45 PM			White & Yellow	
6:15 - 7:15 PM	White thru Blue			
6:45 - 7:30 PM			Green & Blue	
7:00 - 8:00 PM		Green & Above		
7:15 - 8:15 PM	Blue & Above			
7:30-8:15 PM			Red & Above	
8:00 - 8:30 PM		Elite Class		

\*Little Dragons 4, 5, and 6 year olds. The other classes are for ages 7 and up.

## SIGN UP TODAY AT THESE AMAZING MONTHLY RATES!!

	Once a week	Twice a week	Three times per week	Elite Class Rate
Little Dragons	\$30.00	\$40.00	\$45.00	N/A
Ages 7 & up	\$40.00	\$50.00	\$55.00	\$65*

2nd Family member is \$20, 3rd family member \$15, and 4th is FREE  
Uniforms obtained through the instructor for \$25.



Kristen Pattinson has been an instructor since 1994