



TAEKWONDO

Our largest specialty program, Taekwondo, is designed to provide focus, confidence and self-defense. Levels are based on age and belt color. This program is for students who would like to be prepped for competitions and for those looking for discipline and fitness. **No class on July 4 or September 2** (classes affected are prorated and there are no make-up classes).

Family Taekwondo

This family friendly class is intended for parents and children to enjoy Taekwondo together. Parent participation is free with enrollment of child.

Age: 4 years and up

Code	Day	Date	Time	M/NM Fee
3517	Fri	July 5 - Sept 20	5 - 5:40 pm	\$112/\$140

Instructor: Mandi

Little Jins

This program allows students to develop balance and coordination through learning techniques found in Taekwondo which is the art of kicking and punching in a fun and safe environment.

Age: 4 - 5 years

Code	Day	Date	Time	M/NM Fee
3500	Mon	July 1 - Sept 16	4 - 4:30 pm	\$92/\$115

Instructor: Aris

3501	Thu	July 11 - Sept 19	4 - 4:30 pm	\$92/\$115
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Instructor: David

3502	Sat	July 6 - Sept 21	10 - 10:30 am	\$100/\$125
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Instructor: Aris

Beginner

Learning the martial art of Taekwondo provides many benefits. In the beginner class our program focuses on discipline, self-confidence, physical fitness, and learning the basics to form a strong foundation to prepare them physically and mentally for the challenges of the intermediate program.

Age: 5 - 16 years

Code	Day	Date	Time	M/NM Fee
3503	Mon	July 1 - Sept 16	5:25 - 6:05 pm	\$102/\$128

Instructor: Aris

3504	Thu	July 11 - Sept 19	6:30 - 7:10 pm	\$102/\$128
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Instructor: David

3505	Sat	July 6 - Sept 21	10:30 - 11:10 am	\$112/\$140
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Instructor: Aris

1 DAY ONLY SPECIAL

Try Family Taekwondo FREE!

Friday, June 28

5 - 5:40 pm

Register at our Guest Services desk

Intermediate

Students are expected to attain all the demands of a strong foundation in learning Taekwondo. At this stage attitude building is necessary to instill patience, perseverance and respect.

Age: 7 - 16 years

Code	Day	Date	Time	M/NM Fee
3506	Mon	July 1 - Sept 16	4:30 - 5:20 pm	\$124/\$155

Instructor: Aris

3507	Thu	July 11 - Sept 19	4:30 - 5:20 pm	\$124/\$155
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Instructor: David

3508	Sat	July 6 - Sept 21	11:15 am - 12:05 pm	\$136/\$170
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Instructor: Aris

Advanced

This program approach will be more intense and demanding. Students are expected to show the distinction of an advanced level to other students. The attributes of a serious Taekwondo practitioner must reflect on their daily activities. The program prepares students for black belt promotion.

Age: 7 - 16 years

Code	Day	Date	Time	M/NM Fee
3509	Thu	July 11 - Sept 19	5:15 - 6:15 pm	\$146/\$183

Instructor: David

3510	Sat	July 6 - Sept 21	9 - 10 am	\$160/\$200
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Instructor: Aris

Black Belt Only

You must be a Black Belt to register for this class. Continuation of Black Belt degrees will be taught.

Age: 9 years and up

Code	Day	Date	Time	M/NM Fee
3514	Mon	July 1 - Sept 16	6:10 - 7:10 pm	\$146/\$183

Instructor: Aris

3515	Fri	July 5 - Sept 20	5:45 - 6:45 pm	\$160/\$200
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Instructor: Mandi

Adult

All belt levels are welcome to join this class. Physical fitness and self defense are the primary focuses of the program. Relieving stress by challenging the mind and body in a dynamic system of coordinated movements.

Age: 17 years and up

Code	Day	Date	Time	M/NM Fee
3511	Mon	July 1 - Sept 16	7:15 - 8:15 pm	\$146/\$183

Instructor: Aris

3513	Fri	July 5 - Sept 20	6:50 - 7:50 pm	\$160/\$200
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Instructor: Mandi

Integrated Sparring

This class is for students that are currently registered in our Taekwondo program that would like to enhance their sparring abilities.

Age: 7 years and up

Code	Day	Date	Time	M/NM Fee
3516	Tue	July 2 - Sept 17	5:30 - 6:30 pm	\$160/\$200

Instructor: Adam



SAVE THE DATE

Belt Promotion Testing
Saturday, Sept 14

Register with your instructor.



Online registration is available for almost all specialty programs through our Member Self Service website. You can find the link at bgfitness.org and log in using your 6-digit ID number that is printed on the back of your membership card as the user name. Then type in 1111 as the password when logging in for the first time. After customizing your new password, you are all set to enroll online.