

# Martial Arts

To register, click on program title



**ALL GROUND ZERO  
ACTIVITIES ARE HELD AT**  
Ground Zero Gym,  
348 Main Street, Latrobe

## Quik Kix Women's Fitness Kickboxing WOMEN ONLY – ALL LEVELS, AGES 12+

Fun fitness kickboxing with a touch of technique. A 45 Minute fast paced cardio kickboxing workout. Our women instructors train under our head kickboxing coach and professional fighter Alexander Beck. What separates our cardio kickboxing from the rest is not only will you get a great workout but you will learn the basic techniques of a functional Martial Art.

Saturdays, 9:00 - 9:45AM		
<b>SESSION 1:</b>	10/1–10/22	<b>REGISTER BY:</b> 9/26
<b>SESSION 2:</b>	11/5 - 11/26	<b>REGISTER BY:</b> 10/28
<b>SESSION 3:</b>	12/3 - 12/24	<b>REGISTER BY:</b> 11/25
<b>SESSION 4:</b>	1/7–1/28	<b>REGISTER BY:</b> 12/30
<b>SESSION 5:</b>	2/4 - 2/25	<b>REGISTER BY:</b> 1/27
<b>SESSION 6:</b>	3/4 - 3/25	<b>REGISTER BY:</b> 2/24
<b>INSTRUCTORS:</b>	Ground Zero Coaches	
<b>FEES:</b>	\$40/50	

## Women's Beginner Jiu Jitsu WOMEN ONLY – ALL LEVELS, AGES 12+

Female only introduction into the most functional martial art. Have fun getting into shape and learn to defend yourself. Our class is taught by our experienced female competitors.

Tuesdays, 5:00 - 6:00PM		
<b>SESSION 1:</b>	10/4–10/25	<b>REGISTER BY:</b> 9/26
<b>SESSION 2:</b>	11/1 - 11/22	<b>REGISTER BY:</b> 10/28
<b>SESSION 3:</b>	12/6 - 12/27	<b>REGISTER BY:</b> 11/25
<b>SESSION 4:</b>	1/3–1/24	<b>REGISTER BY:</b> 12/30
<b>SESSION 5:</b>	2/7 - 2/28	<b>REGISTER BY:</b> 1/27
<b>SESSION 6:</b>	3/7 - 3/28	<b>REGISTER BY:</b> 2/24
<b>INSTRUCTORS:</b>	Ground Zero Coaches	
<b>FEES:</b>	\$40/50	

## Lil Brutes AGES 5-11

A light and fun introduction to Mixed Martial Arts. Our goal is to help prevent bullying and promote self-defense and fitness. A 45 minute class which includes fun workouts, fundamental techniques and fun games.

Saturdays, 10:00 - 10:45PM		
<b>SESSION 1:</b>	10/1–10/22	<b>REGISTER BY:</b> 9/26
<b>SESSION 2:</b>	11/5 - 11/26	<b>REGISTER BY:</b> 10/28
<b>SESSION 3:</b>	12/3 - 12/24	<b>REGISTER BY:</b> 11/25
<b>SESSION 4:</b>	1/7–1/28	<b>REGISTER BY:</b> 12/30
<b>SESSION 5:</b>	2/4 - 2/25	<b>REGISTER BY:</b> 1/27
<b>SESSION 6:</b>	3/4 - 3/25	<b>REGISTER BY:</b> 2/24
<b>INSTRUCTORS:</b>	Ground Zero Instructors	
<b>FEES:</b>	\$30/40	

## Beginner Boxing AGES 12+

An introduction into a functional martial art. Do not feel intimidated if you have no experience. Our goal is to promote self-defense and fitness.

Thursdays, 6:00 - 7:00PM		
<b>SESSION 1:</b>	10/6–10/27	<b>REGISTER BY:</b> 9/26
<b>SESSION 2:</b>	11/3 - 11/22*	<b>REGISTER BY:</b> 10/28
<b>SESSION 3:</b>	12/1 - 12/22	<b>REGISTER BY:</b> 11/25
<b>SESSION 4:</b>	1/5–1/26	<b>REGISTER BY:</b> 12/30
<b>SESSION 5:</b>	2/2 - 2/23	<b>REGISTER BY:</b> 1/27
<b>SESSION 6:</b>	3/2 - 3/23	<b>REGISTER BY:</b> 2/24
<b>INSTRUCTORS:</b>	Ground Zero Coaches	
<b>FEES:</b>	\$40/50	
<i>*Last class will meet on Tuesday, 11/22, due to Thanksgiving</i>		

## Beginner Brazilian Jiu Jitsu ALL LEVELS, AGES 12+

An introduction into the most functional martial art. Do not feel intimidated if you have no experience.

Wednesdays, 6:00 - 7:00PM		
<b>SESSION 1:</b>	10/5–10/26	<b>REGISTER BY:</b> 9/26
<b>SESSION 2:</b>	11/2 - 11/23	<b>REGISTER BY:</b> 10/28
<b>SESSION 3:</b>	12/7 - 12/28	<b>REGISTER BY:</b> 11/25
<b>SESSION 4:</b>	1/4–1/25	<b>REGISTER BY:</b> 12/30
<b>SESSION 5:</b>	2/1 - 2/22	<b>REGISTER BY:</b> 1/27
<b>SESSION 6:</b>	3/1 - 3/22	<b>REGISTER BY:</b> 2/24
<b>INSTRUCTORS:</b>	Head Coaches from Ground Zero	
<b>FEES:</b>	\$40/50	
<i>*Last class will meet on Tuesday, 11/22, due to Thanksgiving</i>		