Yoga **AGES 16+**
We are very excited to offer our very first Yoga in the Park class! Everyone could use a little de-stressing this summer. Take advantage of this opportunity to get outside, enjoy nature and cultivate calmness! Please bring a mat, and water bottle.

**DATES:** 7/9 - 8/13 - Thursday Evenings  
**TIME:** 5:30-6:30 PM  
**LOCATION:** Legion Keener Park  
(in front of the Bandshell)  
**FEE:** $30/35/40  
**INSTRUCTORS:** Rebecca Day, RYT 200, MS Exercise Science- Instructor Satya Yoga.

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**MARTIAL ARTS**

**Quik Kix Womens Only Fitness**

**Kickboxing** **ALL LEVELS, 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.

**DATE:** Saturdays  
**TIME:** 9-9:45AM  
**SESSION 1:** 4/4 - 4/25  
**DEADLINE:** 3/30  
**SESSION 2:** 5/2 - 5/23  
**DEADLINE:** 4/27  
**SESSION 3:** 6/6 - 6/27  
**DEADLINE:** 5/29  
**LOCATION:** Ground Zero Gym  
348 Main Street, Latrobe  
**INSTRUCTORS:** Megan & Cass  
**FEES:** $35/40/45

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**Beginner Brazilian Jiu Jitsu** **ALL LEVELS, 12+**
An introduction into the most functional martial art. Do not feel intimidated if you have no experience.

**DATE:** Wednesdays  
**TIME:** 6-7PM  
**SESSION 1:** 4/8 - 4/29  
**DEADLINE:** 4/1  
**SESSION 2:** 5/6 - 5/27  
**DEADLINE:** 4/29  
**SESSION 3:** 6/3 - 6/24  
**DEADLINE:** 5/27  
**LOCATION:** Ground Zero Gym  
348 Main Street, Latrobe  
**INSTRUCTORS:** Head Coaches from Ground Zero  
**FEES:** $35/40/45

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**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.

**DATE:** Saturdays  
**TIME:** 10-10:45AM  
**SESSION 1:** 4/4 - 4/25  
**DEADLINE:** 3/30  
**SESSION 2:** 5/2 - 5/23  
**DEADLINE:** 4/27  
**SESSION 3:** 6/6 - 6/27  
**DEADLINE:** 5/29  
**LOCATION:** Ground Zero Gym  
348 Main Street, Latrobe  
**INSTRUCTORS:** Head Coaches from Ground Zero  
**FEES:** $30/35/40

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**DO YOU HAVE WHAT IT TAKES TO BE A LATROBE NINJA WARRIOR?**

Come test your skills! Obstacles will include a climbing wall, ropes, rings and monkey bars.

The competition will consist of 2 rounds: Qualifying and Finals. Winners will be determined by who pushes the “button” the fastest. Ninjas are guaranteed TWO runs! Age groups fill quickly.

***CHECK-IN 20 MINUTES PRIOR TO START***

**DATE:** Fri. 5/15  
**RAINDATE:** 5/16  
**LOCATION:** Playland II  
**AGES:** 7–9 (5:30PM) 10–12 (7PM)  
**DEADLINE:** 5/11  
**FEE:** $10

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