Martial Arts + Tai Chi

To register, click on program title.

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: Monday
TIME: 6:00-7:00PM
SESSION 1: 4/4 – 4/25 **Deadline**: 3/25
SESSION 2: 5/2 – 5/23 **Deadline**: 4/29
SESSION 3: 6/6 – 6/27 **Deadline**: 5/27
SESSION 4: 7/11 – 7/25 **Deadline**: 6/30
SESSION 5: 8/1 – 8/22 **Deadline**: 7/29
LOCATION: Ground Zero Gym, 348 Main Street, Latrobe
INSTRUCTORS: Head Coaches from Ground Zero
FEES: $35/45

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: 9:00-9:45AM
SESSION 1: 4/2 - 4/23 **Deadline**: 3/26
SESSION 2: 5/7 - 5/28 **Deadline**: 4/29
SESSION 3: 6/4 - 6/25 **Deadline**: 5/27
SESSION 4: 7/9 - 7/30 **Deadline**: 6/30
SESSION 5: 8/6 - 8/27 **Deadline**: 7/29
LOCATION: Ground Zero Gym, 348 Main Street, Latrobe
INSTRUCTORS: Head Coaches from Ground Zero
FEES: $35/45

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: 4/2 - 4/23 **Deadline**: 3/26
SESSION 2: 5/7 - 5/28 **Deadline**: 4/29
SESSION 3: 6/4 - 6/25 **Deadline**: 5/27
SESSION 4: 7/9 - 7/30 **Deadline**: 6/30
SESSION 5: 8/6 - 8/27 **Deadline**: 7/29
LOCATION: Ground Zero Gym, 348 Main Street, Latrobe
INSTRUCTORS: Head Coaches from Ground Zero
FEES: $30/40

Tai Chi AGES: 16+

Yang Style – Long Form

Improve balance and flexibility while boosting the immune system! Address your physical, mental, emotional and spiritual well-being. Please wear comfortable shoes and clothing. Masks are to be worn and social distancing needed if unvaccinated. A minimum of six is required for this class.

DAYS: Wednesdays
SESSION 1: 4/20 – 5/18 **Deadline**: 4/13
SESSION 2: 6/1 – 6/29 **Deadline**: 5/25
SESSION 3: 7/13 – 8/10 **Deadline**: 7/6
TIME: 6:45 – 7:35 PM
FEES: $60/70
LOCATION: Latrobe Chamber of Commerce – Lower Level (811 Ligonier St.)
INSTRUCTORS: Linda Vucelich, BS, Ed., MS

Beginner Boxing ALL LEVELS, 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.

DAYS: Thursdays
TIME: 6-7:00 PM
SESSION 1: 4/7 - 4/28 **Deadline**: 3/31
SESSION 2: 5/5 - 5/26 **Deadline**: 4/29
SESSION 3: 6/2 - 6/23 **Deadline**: 5/27
SESSION 4: 7/7 - 7/28 **Deadline**: 6/30
SESSION 5: 8/4 - 8/25 **Deadline**: 7/29
LOCATION: Ground Zero Gym, 348 Main Street, Latrobe
INSTRUCTORS: Ground Zero Coaches
FEE: $40/50