

FIGHT CAMP



TRAIN LIKE A FIGHTER WITHOUT THE BRUISES!

Length: 8 weeks

Begins: February 3rd

When: Mondays & Wednesdays

Time: 7:30 pm -8:15 pm

Instructor: James Carswell
2x UWTA National Champion
and

2019 UWTA Instructor of the Year

If you've ever wanted to train like a fighter but didn't want to get in the ring, here is your chance! No experience needed. This course is for those who want to kick, punch, and sweat.

Open to all 14 years old & above

Fight Camp cost: \$199

- **Improves Strength and Conditioning**
- **Increase Cardiovascular Endurance**
 - **Improve Flexibility**
 - **Lose Weight**
 - **Relieve Stress**
 - **Learn Basic Self Defense Skills**
 - **Have a BLAST kicking butt!**

530-676-7475

www.cameronparkfamilytkdacademy.com



Cameron Park Family

Taekwondo Academy

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