



Martial Arts Classes

Due to popular demand, Sensei Brad Seward is extending Coszacks Karate classes to both Tuesdays and Thursdays at the Tri Valley Fitness Center. Anyone ages 6 and up, both male and female are welcome and encouraged to join. Learn the Coszacks Style which teaches all aspects of the martial arts. Beginners can start at anytime. Coszacks is a White through Black Belt Curriculum in which students learn and advance at their own pace. The more classes you attend, the faster you will advance through the system. Classes work on building confidence, self esteem and cardiovascular fitness. Learn to be in control of your life and your surroundings!

Coszacks Karate

Eclectic Self Defense Style which Includes:

- Karate
- Combat Judo
- Kung Fu
- Oriental Weapons
- Mixed Martial Arts (MMA)

For club information
check our website:
www.coszackskarate.com

Tel: 740-819-4852

Tuesdays 6:00 p.m.—7:30 p.m.
Thursdays 6:00 p.m—7:30 p.m
\$40 one time registration
\$5 per class (prepayment options)
\$4 per class with fitness center
membership