

# GROUP MARTIAL ARTS.



## MONTHLY RATES INDIVIDUAL FAMILY

Member	\$100	\$150
Non-Member	\$125	\$165

- Private Lesson Rate: \$100 per hour
- Attend as many classes as you would like.

Call Mike Proctor, Cooper Fitness Center Martial Arts Pro to register.

972.233.4832, ext. 4428

## MONTHLY SCHEDULE

### Mondays:

4-4:45 p.m.	Juniors	Ages 5-12	Mind/Body Studio
7-7:45 p.m.	Basics	Ages 12+	Aerobics Studio

### Tuesdays:

7:30-9 p.m.	Advanced	Black Belts	Aerobics Studio
-------------	----------	-------------	-----------------

### Wednesdays:

4-4:45 p.m.	Juniors	Ages 5-12	Mind/Body Studio
6-7:30 p.m.	All Belts	All Ages	Gym Floor

### Saturdays:

1-2:30 p.m.	All Belts	All Ages	Aerobics & Mind/Body Studios
2:30-4 p.m.	Advanced	Brown & Black Belts	Aerobics & Mind/Body Studios



Cooper Fitness Center™  
A COOPER AEROBICS COMPANY

cooperfitnesscenter.com  
12200 Preston Road | Dallas, Texas 75230