

## EAST HANOVER RECREATION



### Integrated Martial Arts



**Try our Life-Changing Kids Martial Arts Classes. We build strong minds, bodies and leaders.**

**Our 6 week trial program is only \$69.99  
and features:**

- 2 classes per week for 6 weeks
- Age specific classes
- FREE Uniform & Belt

**100% of all proceeds from trial lessons will be donated to support the E.H. Recreation Center!**

#### **AGE GROUPS:**

**Ages 4-6: Tuesday, Thursday & Friday at 4 PM**

**Ages 7-9: Monday and Wednesday at 4 PM;  
Tuesday, Thursday and Friday at 4:45 PM**

**Ages 10-12: Monday and Wednesday at 5:15 PM; Tuesday  
and Thursday at 6 PM**

**Teenagers: Mondays and Wednesdays at 6 PM**

**\*Saturday class at 9 AM for kids age 8 & up!**

*Also inquire about our adult programs:*

*Kickboxing - Filipino Martial Arts - Brazilian Jiu Jitsu*

*Personal Fitness Training and Self-Defense Training*

**(973) 422-1500**

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