

JANUARY 2012

HAPPY NEW YEAR!

Tuesday 3rd - CLASSES RESUME ON NEW WINTER CLASS SCHEDULE

We've added new classes to the schedule for 2012 including new Youth Jujutsu programs and new Yoga Classes!
Check out www.barriekarate.com for the new schedule!

NEW! YOGA CLASSES!

We are launching a brand new Yoga program here at Georgian Martial Arts Academy! Instructed by Tami Lunney Certified Yoga Instructor. Monday's class will be a gentle restorative class, great for all levels to our awaken our senses and kick-start our week. Wednesdays class - Yin, deep stretching great for anyone who wants to improve their flexibility. Friday Mornings - Weekend Warrior Yoga, also great for all levels, will include balancing postures to keep us grounded over the weekend.
Monday & Wednesday Afternoons from 1:00 p.m. - 2:30 p.m.
Friday Mornings from 9:30 a.m. - 11:00 a.m.

NEW! FITNESS KICKBOXING PROMO

Let the professional staff at Georgian Martial Arts Academy help you to reach your fitness goals for 2012! The Fitness Kickboxing program is instructed by Certified Martial Arts Instructors, Can-Fit-Pro Certified Personal Trainers and Canada Fitness Kickboxing Certified Instructors. We offer classes 6 days a week and with this new promotion, you can sign up for 3 month for only \$150!!! Sign up now as spaces are limited!

INTERESTED IN THE S.W.A.T (Special Winning Attitude Team)?

Talk to your instructor today and request an information sheet on how you can upgrade to the SWAT program if you qualify. You must have the personal recommendation from your instructor, a good attendance record, and a desire to help others learn and grow through martial arts training to qualify.

*S.W.A.T. Members
Wear Black Gi Tops*

Weapons Training This Month:

Kobudo Classes are held on Thursdays at 6:00 PM

Nunchaku - Kata & Freestyle
Option 1 - \$40 for a 4 week program
Option 2 - \$50 includes 1 pair of Nunchaku
Option 3 - \$13 per class (Personal Nunchaku Required)
Note **FREE FOR KARATE MEMBERS!**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Welcome Back! Classes Resume on NEW SCHEDULE	4	5	6	7
8	9 NEW! YOGA CLASS STARTS! 1:00pm to 2:30pm	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				