

# Martial Arts Program

Fun & Fitness for the whole family!



Martial Arts Training  
+Fitness Training  
+Fun  
=  
Healthy mind & body  
Improved coordination  
Improved strength  
Focus and discipline  
Self-confidence  
Listening Skills



Contact:

Mitch Mayberry  
(425) 774-2787

[www.tigerkid.com](http://www.tigerkid.com)

Pre register with the  
Snohomish parks & Rec,  
at

[www.snocoparks.org](http://www.snocoparks.org)

Note: Limited scholarships are  
available. Free white belt to new  
students. (6&8 wk)


8 wk Winter 1/8 \$85

4 wk mini 3/05 \$45

8 wk Spring 4/16 \$85



FITNESS WITH A PURPOSE

Classes Affordable/No Contracts!	Time	Location	Session Start Dates
Family Martial Arts (5 & up)	6:15-7:15 pm*	Willis Tucker Park 6705 Puget Pk Dr (425)388-6600 <a href="http://www.snocoparks.org">www.snocoparks.org</a>	Tuesdays: Willis Tucker Park 1/08 (8 wks/\$85) 3/05 (4 wks/\$45) 4/16 (8 wks/ \$85)
The Family Martial Arts class teaches movements from Karate, Taekwondo & Kungfu	*Colored belts stay longer.		
Adult & Teen Kungfu/Eskrima for self defense & fitness. Low impact for all ability levels	7:45- 8:30pm*	Ipman Wing Chun, Bruce Lee's original self defense system.	

The Tiger Kids is a non-profit organization dedicated to educating and training youth for a better future. Classes are offered in partnership with the Snohomish county parks & Rec Dept. \*Beginner's classes last 45 minutes. New students receive a free white belt, except mini session. Please note: there is a \$14 annual AAU fee collected at the start of the first session attended.

### Your instructor, Master Mitch Mayberry:

Over 30 years experience teaching martial arts to all ages

- Has studied multiple styles to advanced black belt levels
- Is a Certified Personal Trainer and aerobics instructor
- Holds black belts in 10 systems/National/International
- Champion/Trained & certified in Asia in multiple systems
- Can bring you the most well-rounded fitness and martial arts experience no matter what your age or ability.



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