

**\$100
ONE TIME MEMBERSHIP
FEE CHARGED TO COVER
THE COST OF UNIFORM
AND GLOVES**

Enroll today for current classes!



BENTLEY MARTIAL ARTS ACADEMY

EMPOWERING OUR TEENS & ADULTS

Combat Conditioning (6-7 pm Monday & Wednesday)

This class will not only provide a full body workout, but also cultivate athleticism, balance, and agility. Students will learn the proper form and application of grappling, punches, kicks, knees, elbows and footwork. While recognizing and developing their own power and confidence sure to last a ~ Life Time!

Fight Club (7-8 pm Monday & Wednesday)

This course is intended to teach advance hand to hand combat and weaponry application. These key drills instill confidence in self-defense strategies coming directly from some of the greatest Legends of combat in Wing Chun, JKD, Kali, Silat, Muay Thai, and CWS Combat Submission Wrestling. The benefits are truly endless including: increased Focus, Timing, Accuracy, Neuro-Muscular Conditioning, and Advanced Strategies designed to keep you safe.

Qigong & Meditation (8-8:30pm Monday & Wednesday)

Find your inner peace and balance through calm, focused movements and thought. These flow drills awaken the Lau Gan points and grounding rooting points.

As in combat ~ LIFE IS ABOUT FLOW ~

\$40 STUDENTS \$80 ADULTS ~ PER MONTH

FOUNDATIONAL WELLNESS CENTER

1000 Main Ave N, Suite 10, Tillamook OR,

(855) 692-4470

foundationalchiropractic@gmail.com

Regular Business Hours

Mon-Thurs, 9 am-6 pm

