

# MAXOUT SPORTS MARTIAL ARTS & FITNESS CENTER



## BUILDING CHAMPIONS FOR THE GAME OF LIFE

### LIL' SAMURAIS

Give your child a strong start on life with our Lil' Samurai program aimed towards 4 to 7 year olds. Whether it is the early demands of pre-school or the natural fears of loosening the reigns of control on your child's daily activities, MaxOut provides a solution. We teach and instill basic developmental skills that benefit many aspects of life, such as how to:

- Look someone in the eyes
- Show proper manners
- Shake hands and give polite greetings
- Listen to others
- Improve focus and pay attention
- Self-control of one's actions and attitudes
- Participate in group activities
- Get along with others

### KIDS MARTIAL ARTS

Our nationally recognized junior program helps children reach their full potential. Using innovative methods and just the right amount of fun, we teach our young students life and physical skills that benefit them now and throughout adulthood.

We emphasize non-violent conflict resolution and teach children to recognize and avoid lures and threats. But for those rare instances where they may need to defend themselves, our curriculum combines the most practical and effective self defense techniques from a variety of martial arts disciplines. While we emphasize character development, our curriculum combines physical fitness and is designed to ensure that children are mentally and physically prepared to neutralize threats.





## TEEN & ADULT MARTIAL ARTS

These programs are for teens through adults over age 60 and offer total fitness packages combining strength, endurance, and flexibility as well as martial arts and practical self defense.

Whether you choose our Mixed Martial Arts, Judo/Jujitsu, Tae Kwon Do, or Self Defense program, we give you excellent cardiovascular conditioning, expanding your heart and lung's capacity while you burn off calories and increase strength and coordination. The result is a tremendous increase in energy, focus and discipline that allow you to attack any challenge with confidence.

## STAFF

At MaxOut Sports, we take pride in our highly trained staff of martial art professionals. Our programs are specifically designed to help each student grow on a personal level. We guide each student to become their best and show them how to achieve their goals by focusing on these areas:

- How to build self confidence
- How to develop a positive attitude
- How to gain self-discipline
- How to improve physical fitness
- How to enhance self-defense skills
- How to gain and show respect

We are confident in our training methods because our instructors have more experience both in practicing martial arts as well as teaching martial arts to children and adults. Kids love our classes because they are high energy, challenging and motivating. Parents love our instructors because of the life lessons that their children are taught in every class.

## CLASS SCHEDULE

<b>Mondays &amp; Wednesdays:</b>	5:45pm – 6:30pm	Junior Combat Taekwondo/MMA	Beginners – yellow belts
	6:30pm – 7:30pm	Junior Combat Taekwondo/MMA	Orange – blue belts
	7:30pm – 8:45pm	Senior Combat Taekwondo/MMA	All belts
<b>Tuesdays &amp; Thursdays:</b>	6:30pm – 7:15pm	Lil' Samurais	All belts
	7:30pm – 8:15pm	Junior Judo/Jujitsu/Grappling	All belts
	7:30pm – 9:00pm	Senior Judo/Jujitsu/Grappling	All belts
<b>Fridays:</b>	By appointment only	Private Training	Anyone
<b>Saturdays:</b>	11:30am – 12:30pm	Open Gym	Anyone
	12:30am – 1:30pm	Junior & Senior Combat Taekwondo/MMA	All belts
	1:30pm – 2:30pm	Lil' Samurais & Junior Judo/Jujitsu/Grappling	All belts
	2:30pm – 4:00pm	Senior Judo/Jujitsu/Grappling	All belts
<b>Sundays:</b>	By appointment only	Private Training	Anyone

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