



# KICKN' IT

WITH INSTRUCTOR NATHAN

AT CARDEN DAY!

1 HOUR CLASS!

TUESDAYS 3:45-4:45 PM

\$15 A CLASS!

CONTACT NUMBER:

(831) 334-5211

TAS634@SBCGLOBAL.NET

"STUDENTS WILL DO EXERCISES WHICH DEVELOP  
STRENGTH, MEMORY, CONCENTRATION,  
COORDINATION, BALANCE,  
SELF-CONTROL AND SELF-DEFENSE SKILLS"



REGISTRATION FORM IS AVAILABLE IN THE FRONT OFFICE