

Martial Arts



Classes are offered by Grandmaster Han's Martial Arts.

This class offers traditional martial arts with a modern approach to fitness and training methods; incorporating elements from taekwondo, karate, hapkido, kung fu, jiu jitsu and tai chi.

Exercise, learn self defense and have fun in a safe environment.

- Monthly Sessions
- Ages 5-95
- Tuesdays & Thursdays
- 5:30pm-6:30pm
 - OR
- 6:30pm-7:30pm
- \$40 per month (RAC membership required)
- Uniforms are purchased through the instructor for \$35

Contact Jenna at 479-631-0336 ext. 2501 or email jwolf@rogersar.gov for any further questions.

Enroll at the Rogers Activity Center or online at rogersar.gov/recreation