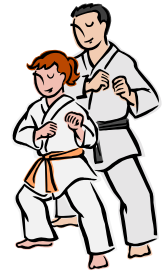


**FAMILY FITNESS PROGRAM  
AT  
FAMILY FOUNDATIONS ACADEMY**

**Friday Schedule**

**4:30 – 5:30 Karate for Kids**

Monthly fee \$50 (one child) or \$75 (two or more children)



**5:30 – 6:30 Adult Karate and advanced karate for kids (for kids with colored belts)  
Monthly fee \$50**

**6:30 – 7:00 Yoga (Come relieve that weekly stress!)  
\$10 per session, must be paid in cash at time of lesson**



**Saturday Schedule**

**9:00 – 10:00 Karate for Kids**

Monthly fee \$50 (one child) or \$75 (two or more children)

**10:00 – 10:30 Low impact aerobic workout for adults**

\$10 per session, must be paid in cash at time of lesson

