



Conquer Your Inner Mountain

Reach Your Peak Of Fitness

Self-Defense

Outlet for Stress

Physical / Mental Fitness

Learn Authentic Karate

KARATE

For Adults - Tues-7:15-8:00pm

Registration Open at Hazlet.Recdesk.com

8 Weeks of Classes-\$80

Classes Start Oct.4 (Tuesdays)

Uniform optional \$40

Classes Will Be Held in The United Martial Artist Academy

589 Palmer Ave. Hazlet, NJ 07734

Karate builds Confidence-Strength-Focus and an Indomitable Spirit to Succeed. Students will learn the fundamentals of the Karate style -Okinawa Goju Ryu . Classes will be taught by Mark Kapel-7th Degree Black Belt and Director of Karate programs for Mountain Martial Arts and The United Martial Artist Academy in Hazlet.

Hazlet Recreation / 732-217-8683

