



One Week  
Trial



FITNESS & MARTIAL ARTS ACADEMY

# Kickboxing

## For Kids & Families

Not all martial arts styles and schools are the same. The Golden Glory Sport kickboxing program stands out because it's inspirational, focused, yet still recognizes that youth are still developing their attitudes towards physical fitness. We understand that students love to work hard and learn, but will only stay committed if it is a positive experience.

Our philosophy is simple: Be healthy. Our goal is to help students nourish their body and mind so they can truly begin their journey in fitness. Through Golden Glory Programs, our students are inspired to be self-motivated and disciplined in an atmosphere that reduces bullying behavior and promotes empathy and leadership. Students benefit from a class that promotes:

- Overall health & fitness
- Self-discipline, willpower, responsibility and confidence
- Honesty, empathy, patience, & respect for others
- Critical thinking, leadership, & decision-making skills
- Increased endurance, strength, agility, & coordination

The Golden Fitness Program encourages students to develop not only their martial arts skills but life skills, like self-esteem, patience and confidence. Each class is a personal journey of growth and fitness in a fun, engaging atmosphere.

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# FUN, EDUCATIONAL, AND EMPOWERING!