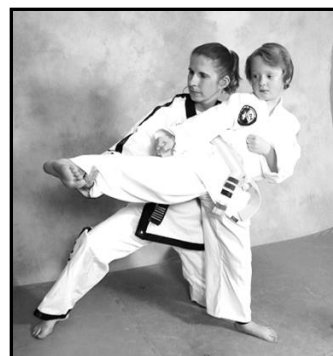


MTA Ozark Martial Arts at the
 Ozark Community Center
 1530 W. Jackson
 Ozark, MO 65721

Call: 840-2253



Try a
FREE class
 today!!



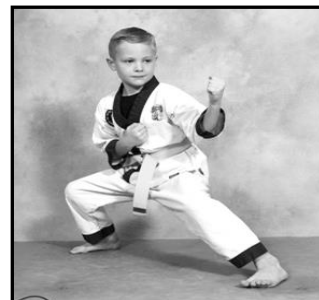
Kristen Pattinson
 has been an
 instructor since 1994

Martial Arts is great for the Whole Family

According to exercise physiologists, Taekwondo is the only physical activity rating high in all medical categories. It stresses aerobic development, cardiovascular conditioning, flexibility, muscle toning, balance, and coordination, as well as developing poise and confidence. People of any age or physical conditioning can participate in a program designed to gradually take the beginner to a high level of physical well-being. It is the ultimate martial art for total body development and fitness.



**A Destination
 For Recreation**



SIGN UP TODAY AT THESE AMAZING MONTHLY RATES!!

	Once a week	Twice a week	Three times per week	Elite Class Rate
Little Dragons	\$30.00	\$40.00	\$45.00	N/A
Ages 7 & up	\$40.00	\$50.00	\$55.00	\$65*

2nd Family member is \$15, 3rd family member \$10, and 4th is FREE
 Uniforms obtained through the instructor for \$25.

*See Instructor for details

	Monday	Tuesday	Thursday
5:30 - 6:00 PM		Little Dragons	Little Dragons
5:45 - 6:15 PM	Little Dragons		
6:00 - 7:00 PM		White & Yellow	White & Yellow
6:15 - 7:15 PM	White thru Blue		
7:00 - 8:00 PM		Green & Above	Green & Above
7:15 - 8:15 PM	Blue & Above & Elite members		
8:00 - 8:30 PM		Elite Class	Apprentice/Instructor Class

*Little Dragons 4, 5, and 6 year olds. The other classes are for ages 7 and up.