

Bethlehem Township Community Center



ADULT TAE KWON DO *Classes*

Program will follow traditional Tae Kwon Do classes including knowledge of art and etiquette of the Dojang. Our focuses will include strength and core training, proper hand and foot techniques and form. Developing respect and self-confidence is a priority. Train for physical fitness or weight loss. You will increase cardiovascular development, improve flexibility, while toning your body. Join us for a journey which will make you proud and feel great. This program is designed for all ages of adults. Participants must wear a mask at all times and maintain social distancing.

Thursdays 7:00-8:00pm

Fees:

\$30 Member

\$45 Non Member

Thursdays, January 7th- 28th, 2021.

7:00-8:00pm

www.bethlehetownship.org/btcc

610-332-1900

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