

# ASHANTIWARRIOR

## FITNESS & YOGA STUDIO



### Class Schedule: 2010

Kid's Karate • Kickboxing

Brazilian Jujitsu • Yoga • Powerwalking

Fitness Classes & Personal Fitness Training

Massage • Nutrition Counseling • MORE!

#### MONDAY

6:00–7:00pm	<b>Workout with Addo</b>	Addo
7:00–8:00pm	<b>Abs+Core+Strength</b>	Addo

#### TUESDAY

6:00–7:00am	<b>Workout with Addo</b>	Addo
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#### WEDNESDAY

4:30–5:30pm	<b>KID'S Karate/MMA</b>	Charles
6:00–7:00pm	<b>Brazilian Jujitsu</b>	Trevor
7:00–8:30pm	<b>Kickboxing/MMA</b>	Charles

#### THURSDAY

6:00–7:00am	<b>Workout with Addo</b>	Addo
6:00–7:00pm	<b>Power Workout</b>	Addo

#### FRIDAY

4:30–5:30pm	<b>KID'S Karate/MMA</b>	Charles
6:00–7:00pm	<b>Workout with Addo</b>	Addo
7:00–8:30pm	<b>Kickboxing/MMA</b>	Charles

#### SATURDAY

7:30–9:30am	<b>Power Walking with Addo</b>	Addo
9:45–10:15am	<b>Yoga Stretch (open)</b>	Renée
11:30–12:30pm	<b>KID'S Karate/MMA</b>	Charles
2:00–4:00pm	<b>Brazilian Jujitsu</b>	Trevor
4:00–5:30pm	<b>Women's Kickboxing/MMA</b>	Charles

*We are expanding so please call to learn  
about new classes and services!*

Located in Prospect Lefferts Garden, Brooklyn  
503 Rogers Avenue (Midwood/Rutland Rd)  
646.232.4545 addo@ashantiwarrior.com  
[www.ashantiwarrior.com](http://www.ashantiwarrior.com)

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## CLASS DESCRIPTIONS

**WORKOUT with Addo** Strength train and work on your abs with PLG's resident fitness expert. **Addo** is a certified personal trainer, massage therapist, and nutritionist. He is also a champion bodybuilder who believes in natural bodybuilding, eating healthy food, rest and peace of mind. **(646.232.4545)**

**POWER WALKING with Addo:** Get in shape through power walking while enjoying the beauty of Prospect Park! Includes full body workout.

**YOGA STRETCH:** Yoga is a powerful and practical system for health, flexibility, fitness and self-awareness. This class includes deep stretching for flexibility, while incorporating breath and mental focus for an uplifting and revitalizing experience. Benefits include stress reduction; strengthened immune, nervous and glandular systems; increased vitality, strength and flexibility; and mental, physical and emotional balance. **(917.655.2540)**

**SAIGO MMA (KARATE/KICKBOXING/JUJITSU) with Charles and Trevor:** A workout for those who want to be a MMA fighter or just be in shape like one. We use core drills, pad work, sparring and explosive movement to get you in the best shape ever! **(646.330.1746)**

**If it's your first time in class,  
please call ahead to reserve a spot.**

**For general inquiries, please contact Addo:  
646.232.4545**

### CLASSES:

Yoga Stretch (single class)	\$15
Yoga Stretch (10-class pack*)	\$120
Workout with Addo	\$20
Power walking with Addo	\$10
Kickboxing with Nicole	\$15

\*Valid for 12 months.

### WORKOUT WITH ADDO SERIES:

1-Month Unlimited	\$350
3-Month Unlimited	\$690
6-Month Unlimited	\$990
Includes: All access to Addo's fitness classes 5x a week plus power walking class and yoga.	

### KARATE/KICKBOXING/JUJITSU WITH CHARLES AND TREVOR

Jujitsu + Kickboxing:	\$140/mo.
Jujitsu only:	\$100/mo.
Kickboxing only:	\$100/mo.

MASSAGE (1 hr)	\$90
HARMONYUM HEALING (1 hr)	\$120
NUTRITION COUNSELING (1 hr)	\$75
PERSONAL FITNESS TRAINING (1 hr)	\$75
<i>please inquire about discounts</i>	