



**PRIVATE LESSONS:**

<u>Members</u>		<u>Non-Members</u>	
12 Sessions	\$960	12 Sessions	\$1080
6 Sessions	\$510	6 Sessions	\$570
1 Session	\$90	1 Session	\$100

**PARTNER LESSONS:**

<u>Members</u>		<u>Non-Members</u>	
12 Sessions	\$660	12 Sessions	\$780
6 Sessions	\$360	6 Sessions	\$420
1 Session	\$65	1 Session	\$75

**Call David @ 201-669-1864 or email [RisingPhoenixMAF@gmail.com](mailto:RisingPhoenixMAF@gmail.com) to schedule your complimentary session today.**

**BIRTHDAY PARTIES:**

Let Rising Phoenix Martial Arts and Fitness create the ultimate karate party. Break boards, throw punches and kicks and play martial arts games like a ninja on your child’s birthday.

**PARTIES INCLUDE:**

- 1 ½ hours of fun and activities
- Theme and equipment designed specifically for your party
- One Party at a time
- 1 staff member for every 5-7 kids
- Child appropriate tables and chairs

**PACKAGE**

\$400 for the first 10 children and \$20 for each additional child.

Call THE GYM’s Birthday Party line @ 914-219-1616 to schedule your party today.

*David Ferwerda has been training in the martial arts for 20 years. He is a 4th Dan Master Black Belt in Traditional Tae Kwon Do and a 2nd Dan Black Belt in Hap Ki Do (an art taught as self defense to Military all over the world). He currently trains in the arts of Brazilian Jiu-Jitsu, Judo and Thai Kickboxing. From this, he has developed and integrated a unique method of training that incorporates various martial arts in age-specific and ability-specific programs for group as well as individual training programs. His teaching experience includes 14 years of various positions in running martial arts schools. As with all martial art schools he "worked" his way up the ranks from assistant instructor, to instructor and on to become the youngest head instructor of any of his Grand Master's schools. In 2006, he created and launched Rising Phoenix Martial Arts & Fitness to bring traditional and modern martial arts and fitness programs to people all over the tri-state area. In addition to his martial arts certifications he is also a NASM Certified Personal Trainer. Since Rising Phoenix's inception, he has helped hundreds of people to "Rise Like the Phoenix" out of their former selves and into a stronger, healthier and happier person by reaching their goals and dreams through martial arts and fitness training.*