

**PROGRAMS SCHEDULE  
FALL 2020 (updated)\*\***

**KARATE/AMERICAN CHUNG DO KWON (all classes in Dojo)**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3:20-3:50	Elementary 8+	Warrior Kids 5-7	Elementary 8+	Warrior Kids 5-7	Elementary 8+
3:55-4:25		Elementary 8+		Elementary 8+	
4:25-4:55	Warrior Kids 5-7		Warrior Kids 5-7		
5:10-6:10		Middle/High/Adult All Ranks		Middle/High/Adult All Ranks	
5:30-6:30	Middle/High/Adult Green Belts & Up		Competition Team Training		

**BRAZILIAN JIU JITSU (all classes in BJJ Room, except when starred, in Dojo)**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3:45-4:15		Kids BJJ 5-7		Kids BJJ 5-7	
4:30-5:00		Elem/Middle 8-13		Elem/Middle 8-13	
5:00-5:30					Elem/Middle 8-13*
5:00-5:45	Adult BJJ Open Mat				
5:10-6:10		Adult 14+		Adult 14+	
5:30-6:15					Adult 14+*

**NINJA TRIX (all classes in Dojo)**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3:50-4:20	Little Ninjas 4-6		Little Ninjas 4-6		Jr. Ninjas 7-12
4:30-5:00		Jr. Ninjas 7-12		Little Ninjas 4-6	Little Ninjas 4-6
4:55-5:25	Jr. Ninjas 7-12		Jr. Ninjas 7-12		

**GYMNASTICS/PERFORMANCE CHEER (all classes in gymnastics room)**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3:20-3:50	Cheer 4-6	Gymnastics Level 1	Gymnastics Level 1	Gymnastics Level 1	Cheer 4-6
3:55-4:25	Cheer 7+				Cheer 7+
3:55-4:45		Gymnastics Level 2	Gymnastics Level 2	Gymnastics Level 2	
4:00-4:30			Cheer 4-6		
4:45-5:15			Cheer 7+		

**\*\*Update schedule begins November 2020**

***Class Descriptions on the back. For pricing and payment information, please visit  
www.thebrickssi.com.***

# ABOUT OUR CLASSES

## MARTIAL ARTS

### **KARATE/AMERICAN CHUNG DO KWON (AGES 5+)**

– ACKD (or Karate as a general term) is an “empty hand” style, meaning students do not use weapons. They train standing up using punches, kicks, strikes and blocks. Instruction focuses on teaching traditional *kata* or forms, which is a series of movements fighting an invisible opponent; and sparring, which is the demonstration of techniques while fighting a real opponent. Sparring is done in protective gear once students reach yellow belt. Students will progress in belt rank and could have the opportunity to go to regional, national and international competition, as well as be a part of the United States Martial Arts Team through our Competition Team Program. Classes run year-round and students can start at any time or any age. Uniform purchase required. Additional apparel & gear purchases required as rank advances and/or with participation on the competition team.

**BRAZILIAN JIU-JITSU (AGES 5+)** – BJJ is a martial art focusing largely on grappling and ground fighting. It utilizes natural body leverage and proper technique to obtain dominant control on the ground and provides greater position for striking or submission holds. BJJ has been proven, when used properly, to be an effective method for dealing with bigger and stronger opponents. Classes run year-round and students can start at any time or any age. Students will progress in belt rank and could have the opportunity to compete nationally and internationally. Classes run year-round. Uniform purchase is required.

**NEW!!!! NINJA TRIX (AGES 4+)** – This class takes its influence from gymnastics, tumbling, martial arts, and parkour. Learn confidence, self-discipline, and motivation while perfecting balance, developing

strength & conditioning, and of course having fun! We use customized equipment catered directly to a one-of-a-kind curriculum that maintains the perfect balance between safety and fun, and with our carefully crafted curriculum and expertly trained staff. Students can progress in rank. Classes run year-round. Uniform purchase is required.

## GYMNASTICS/CHEER INFO

**UPDATED!!! GYMNASTICS (AGE 4+)** – Our tumbling classes have gotten a refresh. These classes will cover basic floor gymnastics skills, conditioning drills, and flexibility exercises. Students will learn bridges, somersaults, cartwheels, forward & backward rolls, handstands, round-offs, bridge kick-overs, front & back walkovers, and starter drills for back handsprings in a fun and creative atmosphere. Students will progress through levels. Students do not participate in gymnastics competitions. Level 1 Class is for beginners/ages 4-6, Level 2 Class is for intermediate/ages 7+. See class attire below for what to wear.

**NEW!!! PERFORMANCE CHEER (Age 4+)** – This class teaches students the fundamentals of cheerleading. Classes include instruction in motions, jumps, kicks, arm positions, and voice projection. Learn cheers, stunts, and cheer dance routines. Students will progress through their skillsets with periodic mock tryouts and demonstrations for feedback. Students do not participate in cheer competition. See class attire below for what to wear.

**\*\*Class Attire** – *Students may wear a leotard, shorts, and/or t-shirt that will stay in place when students go upside down; no buttons, zips or clasps. Bare, clean feet are required. Long hair should be pulled back. No jewelry.*

***We also do day camps and summer camps, parents nights out, and birthday parties. Please see our app for current class pricing & info on all our programs!***

*Search “The Brick SSI” in the App Store or Google Play. Use studio code 9122682829 when signing in. Don’t forget to allow notifications!*

Times	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:30 am	Kickboxing/8 Station <i>Chris</i>		Kickboxing/8 Station <i>Chris</i>		Kickboxing/8 Station <i>Chris</i>
9:10-10:10 am	Core Strength, <i>Jennifer</i>		Strength, Tone & Stretch <i>Jennifer</i>		Lean & Mean, <i>Jennifer</i>
5:00-5:30 pm	8 Station <i>No Coach*</i>	8 Station <i>Chris</i>	8 Station <i>No Coach*</i>	8 Station <i>Chris</i>	8 Station <i>Chris</i>
5:30-6:00 pm	8 Station <i>Chris</i>	8 Station <i>Chris</i>	8 Station <i>Chris</i>	8 Station <i>Chris</i>	8 Station <i>Chris</i>

**\*PLEASE NOTE: When 8 Station has no coach, experienced members only during that time**

**When it comes to fitness, The Brick is more than just a place to work out.** We are not a gym. We are a small group training fitness studio that offers focused fitness programs that get results – led by handpicked, experienced, and certified instructors who are passionate about what they do. Ask anyone that works out at The Brick and they will tell you the same thing: you can't get the type of fitness we offer anywhere else.

### **Class Descriptions**

**Cage Kickboxing** – taught by a 3<sup>rd</sup> degree black belt/fitness trainer, this high intensity class will teach you real fighting technique while incorporating strength and cardio for a total workout.

**Core Strength** – This low to moderate intensity focuses on building strength in the very important core muscles, necessary for lifelong fitness.

**Lean & Mean** – This low to moderate intensity total body workout is designed to improve both strength and flexibility. Using light weights, body weight exercise, and other great tools, you will burn fat, improve posture, and create long lean muscles.

**Strength, Tone & Stretch** – This low to moderate intensity class creates strength, balance, and endurance using easy to follow routines that incorporate hand weights, body weight, floor exercise, cardio, and so much more, this class will get you moving towards total body fitness. Finishes with stretching.

**8 Station** - The 8 Station Workout is a fitness program that highlights strength training, cardiovascular training, and functional movements, in both an interval and circuit training environment. It is a full body workout in only 30 minutes We'll have the workout and equipment already set up for you, so come when it's convenient. A trainer will be on hand to guide you, but you set your own pace. Stations run on a 3-minute rotation.

### **What Else Does the Brick Offer?**

Tae Kwon Do Chung Do Kwon, Brazilian Jiu Jitsu, Ninja Trix, Gymnastics, and Performance Cheer, as well as Summer Camps, Day Camps, Parents Nights Out, Birthday Parties, After School Pick-Up Program and so much more! Many programs start as young as 4 years old. Martial arts are offered age 4 through adult.

***Please see our app for current class pricing!***

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