

# Shuhari Martial Arts - Martial Arts Fitness Class = RESULTS

Written by shuhadmin

Tuesday, 31 January 2012 19:10 - Last Updated Tuesday, 31 January 2012 19:24

---

**Get in shape fast with  
Shuhari's Martial Arts  
Fitness Classes!**



Challenge yourself to become stronger, healthier and more confident!



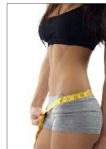
Combine Martial Arts and effective fitness training all-in-one! This class offers the best of both activities. Experience all the rapid, energetic, muscle building fun this class has to offer. Shuhari Martial Arts Fitness is a true total body workout!

**Now enrolling! Call 941.343.3688**

**Benefits of training in Shuhari's Martial Arts Fitness Class:**

Healthy Weight Loss  
Cardio Conditioning  
Strength Training  
Flexibility Training  
Basic Striking Skills

Stress Relief  
Core Training  
Agility Training  
Body Shaping  
Coordination



**Times:** Tuesday, Thursday & Friday 6:35 - 7:30

**Location:** Shuhari Martial Arts, 1100 N Tuttle Ave at 12th St.

**[www.shuharimartialarts.com](http://www.shuharimartialarts.com)**

*Celebrating our 21<sup>st</sup> year in operation!*