



Ki Training & Fitness Center

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Ki Training and Fitness Center is pleased to announce that we will be resuming our kid's karate program! Classes will be taught by our owner and head instructor, Kim Holzworth, Sensei, who has over 26 years of experience in martial arts.

Classes will emphasize self-defense, confidence and focus in an traditional hands-on karate class.

Classes will be held on Saturdays from 9:30 to 10:30 am beginning Saturday October 7, 2023.

Classes are for all children 6 and up. Please call for more information.