



Shotokan Karate

IMPROVE YOUR PHYSICAL AND MENTAL STRENGTH;
HEALTH AND FITNESS; STRESS MANAGEMENT AND
SELF-ESTEEM. JOIN INSTRUCTOR JIM HARTMAN (6TH
DEGREE BLACK BELT) IN HOLLIS PARK DISTRICT'S
SHOTAKAN KARATE CLASSES.

FOR AGES 8+
7 AND UNDER BY EVALUATION

Monday and Wednesday
6pm - 8pm

Daily: \$6 Monthly: \$25 Resident \$30 Non-Resident

Hollis Park Recreation Building
10107 S. Vine St
Mapleton, IL 61547

Call 309.697.2944

For more information