

EXECUTIVE MARTIAL ARTS PROGRAM AT THE PACIFIC ATHLETIC CLUB (NON-MEMBERS WELCOME)

The executive martial arts program is a great tool for professionals to bring in clients, team members, and friends to train with them in the martial arts. The synergy, camaraderie and loyalty created in martial arts classes are next to none and facilitate the long lasting bonds that make many professional relationships successful. You can take advantage of the amazing benefits of martial arts in a professional environment. The classes are 90 minutes as they combine two classes worth of curriculum into one. In essence, you are getting your two times a week training in one extra long class designed to allow you to make it through the workout and feel great.

This program is designed for the working professionals that want to:

- Lose weight
- Get in shape
- Develop their discipline
- Gain flexibility
- Have results of working out multiple times a week in once a week workouts
- Network and build relationships with like executives
- Learn martial arts and self defense while gaining all the benefits of the above

Ages: Adults only
Dates: Open Enrollment, ongoing program
Time: Wednesdays, 6:00-7:30 am; Supplemental classes Mon/Wed 8-9pm
*Custom class times can be made upon request for groups of 5 or more
Cost: \$125 members, \$145 Non-PAC Members
Location: Pacific Athletic Club 12000 Carmel Country Rd (in Studio B)
Instructors: Master Amitis Pourarian and Jonathon Kim*
Prerequisites: Classes are open to all belt levels. No previous experience necessary.
Contact: Amitis Pourarian (619) 921-4551 or amitisgold@aol.com

**Classes are taught by 5th Degree Taekwondo Master, Amitis Pourarian, and 3rd Degree Black Belt Jonathon Kim. Master Pourarian has been running exclusive Executive Martial Arts programs since 2005 for private companies and has been running the PAC Taekwondo program since 2003. We are excited to offer this Executive Martial Arts program for the first time at the PAC open to all professionals (members and non-members welcome).*

