

Cover Story

“BUILDING THE BODY, ENLIGHTENING THE MIND & EMPOWERING THE SPIRIT”



Studio 4 Fitness is pleased to announce its expansion to include Studio 4 Martial Arts. This exciting addition will provide more variety in fitness with the same service and the same fantastic results. Our goal is to combine the best workout possible under one roof. We are the only place in town who can incorporate Pilates, Yoga, core/weight training, and Martial Arts in the same session. **Leadership is our credo!** We have led the industry for nine plus years and will continue to improve lives every day. Our clients have the opportunity to experience each workout intrinsically and learn how their body will respond best. Some clients may choose one method of training while others may do something different every day. We will also be adding a variety of classes including cardio-kickboxing, Zumba, Pilates, Capoeira and a variety of other challenging classes with the best instructors in the area. These classes will be different and more challenging than any class you have ever seen; from beginning to advanced. Our classes will be fun, challenging and productive. **The idea is to train the body, mind and spirit.**



Studio 4 Martial Arts is a new center committed to teaching and training the key benefits of Martial Arts that focus on building the body, mind and spirit. Additionally, we dedicate ourselves to teaching self defense techniques useful to individuals of all ages and walks of life. Our students can begin training as early as four years old. Some of the classes we offer focus in areas such as: **American Kenpo, Ninjutsu and Women's Self-Defense.** Additionally, we will achieve our goal to network with organizations that will facilitate the implementation of programs designed for those with special needs.



Martial Arts involves much more than what is portrayed in the entertainment industry. There are numerous forms of Martial Arts that include many levels, making it an art that can adapt and benefit anyone. Some of the practical benefits of studying Martial Arts are improved physical health and strength, and an acquired ability to expend daily stress. Additionally it is an excellent tool to help children and young adults focus and learn how to teach themselves. **We believe that Martial Arts is a productive venue for children of all ages to build excellent character and self esteem, while learning an art that teaches respect, responsibility, discipline and self control.** These qualities are not only applied within the class atmosphere, but are imperative personal qualities that become a seamless part of who they are and are incorporated into their daily lives.

“Our dedication to those we teach comes from our own personal commitment as students first then as instructors”, says Head Instructor Stephen Tsacilas, who earned his 3rd Degree Black Belt in American Kenpo in 2006, under 9th Degree Black Belt, Manny Reyes.

The Studio 4 Martial Arts invites the community to **come on in and experience a new you!** For further information on class schedules and tuitions, please contact: (954) 757-2639.

