

## New **COMBAT CIRCUITS** class starting at Scotstoun Leisure Centre

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In partnership with the *Kugatsu Karate-Do* and *Scotstoun Leisure Centre*, *McCann Sport & Exercise Services* are pleased to launch a new **COMBAT CIRCUITS** class at Scotstoun Leisure Centre.

The new class will be held on a Sunday afternoon in the Outdoor Hall at Scotstoun Leisure (i.e. the building to the left hand side of the main building, next to the new running track). There is no need to go into the main building as the outdoor hall has its own changing rooms, toilets, etc.

Class fees should be paid at the outdoor hall, not at the main reception.

**The new class starts on SUNDAY 10<sup>th</sup> January 2010.**

### **Combat circuits – a karate influenced general fitness class**

A general fitness class for adults and young people of secondary school age open to both members and non-members of the Kugatsu Karate-Do. No knowledge of karate or other martial arts is required. The format of this class will be built around the use of pad work (e.g. focus pad, body shields, impact pads, etc.) in conjunction with more traditional exercise routines; the aim being to improve the general fitness of participants. No karate suits – a t-shirt, jogging trousers / shorts, and training shoes (or similar) should be worn.

**Day & Time:** Sunday 2.00 p.m. ~ 3.00 p.m.

**Cost** : £2.50 (under 16 years)  
£3.00 (16 years & over)