

OneLife Fitness

# SHOTOKAN KARATE



Achieve a balance of body and mind through this popular martial art.

- Increase Strength and Flexibility
- Improve Reflexes and Coordination
- Great Family Fun Opportunity
- Improve Focus and Concentration
- Achieve Greater Self-Awareness
- Practice Body Control and Techniques

Times: (Ages 6-16) Tuesday & Thursday 8:00 - 9:00 p.m.  
(Ages 16+) Tuesday & Thursday 8:00 - 9:30 p.m.

Cost:

Member only:	\$50 per month
Member Family of 1-2 persons:	\$75 per month*
Member Family of 3-4 persons:	\$85 per month*
Non-member only:	\$70 per month
Non-member Family of 1-2 persons:	\$115 per month*
Non-member Family of 3-4 persons:	\$145 per month*



Instructors: Sensei Sterian Tuluceanu, 7 Dan & Sensei Marian Tuluceanu, 7 Dan

Location: OneLife Fitness, 5115 Leesburg Pike in Falls Church, VA 22041

Notes: \*Qualifying family members share the same residential address.  
Minimum participant age is six-years old. Our classes run year-round.

To register, contact: Diane Tuluceanu, NovaShotokan@outlook.com (703) 658-9512  
Shotokan Fudokan Karate-do of Northern Virginia

For more information: Visit our Website, [www.novashotokan.com](http://www.novashotokan.com) and join us on Facebook, <https://www.facebook.com/NOVAFudokan/>