

# MARTIAL ARTS

With Revolution Martial Arts & Fitness

**NEW.. Welcome...**

**Sensei Conell Loveless began his martial arts journey at the Southfield Martial Arts Institute under the guidance of Grand Master Willie Adams, where he earned his black belt.**

**Currently, he is the owner and chief instructor at Revolution Martial Arts and Fitness.**

**Sensei Loveless also serves as the head coach of Team Revolution and is a prominent figure in the international sport karate community.**



**Spring 2025**

**Spring 6 | Apr 15-MAY 31**

**Classes are 7 wks**

**Register online or app today!**  
**[www.beverlyhillsclub.com](http://www.beverlyhillsclub.com)**

The primary goal of Martial Arts is to achieve personal perfection through both physical and mental growth. As students master self-defense techniques, they gain self-confidence, tranquility, and enhanced concentration.

**Little Dragons** | ages 3-5 yrs | Meets: Sat 10-10:45a

**Cost\*** Spring 6 | \$121 member / \$165 other

**Junior** | ages 6-12 yrs | Meets 2 days/wk

Choose your days at registration.

Days and Time to choose from:

Tue 5p | Thu 5p | Sat 11a

**Teen/Adult** | ages 13+ yrs | Meets 2 days/wk

Choose your days at registration.

Days and Times to choose from:

Tue 6p | Thu 6p | Sat 11a

**Cost: Jr/Teen/Adult**

Spring 6 | \$235 member/\$294 other

Martial Arts offers a comprehensive exercise regimen that provides several key benefits compared to other styles:

- ~ Utilizes kicks and punches from natural stances.
- ~ Emphasizes skillfulness in hand and foot techniques.
- ~ Improves overall physical fitness, enhancing muscle tone, flexibility, speed, and mental acuity.
- ~ Provides mental and physical conditioning to help alleviate daily stress and frustrations.

**Annual  
Non-Member Fee**

Fee for an Individual is \$29,  
and \$39 for a Family.  
Register online. This is  
necessary to take part in  
club activities, programs,  
and services for  
non-members.

**BHC**  
BEVERLY HILLS & CLUB

31555 Southfield Rd, Beverly Hills 48025  
248-642-8500

\*Administrative Fees Apply.