

MARTIAL ARTS

With Revolution Martial Arts & Fitness

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.



Summer 2025

Summer 1 | June 17-July 10

4 wks

Summer 2 | July 22-Aug 21

5 wks

Register online or app today!

www.beverlyhillsclub.com

Little Dragons | ages 3-5 yrs | Meets: Tue 5-5:30p

Cost*: Summer 1 | \$48 member / \$60 non-member
Summer 2 | \$60 member / \$80 non-member

Junior/ Teen/ Adult | ages 6 and up

Meets 2 days/wk Tues and Thu 5:30-6:15pm

Cost: Jr/Teen/Adult

Summer 1 | \$134 member / \$168 non-member
Summer 2 | \$168 member / \$210 non-member



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.

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.