

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.



Fall 2025

Fall 1 | Sept 30th-Nov 8th
6 wks

Fall 2 | Nov 11th-Dec 20th
6 wks off Thu Nov 27th

Register online or app today!
www.beverlyhillclub.com

Little Dragons | ages 3-5 yrs
Meets: Sat 10-10:30a

Cost*: Fall 1 | \$71 member / \$97 other
Fall 2 | \$71 member / \$97 other

All Ranks | ages 6 yrs and older
Meets 2 days/wk
Tues & Thu 5-6p

Cost*: Fall 1 | \$208 member / \$260 other
Fall 2 | \$190 member / \$238 other

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.

**REQUIRED for
Non-Members!**

Annual Non-Member Fee

Required for Non-Members to participate in activities, programs, and services at the BHC.
Cost: Individual is \$30
Family is \$45

BHC
BEVERLY HILLS CLUB

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

*Administrative Fees Apply.