



2627 Columbia Blvd Bloomsburg, PA 17815

Phone 570-387-9675 Fax 570-387-9650

Website: www.BloomsburgSportsPlex.com



- WANT TO BE THE NEXT ULTIMATE FIGHTER?
- WANT TO BE IN THE BEST SHAPE OF YOUR LIFE?
- WANT TO PARTICIPATE IN THE FASTEST GROWING SPORT IN THE COUNTRY?
- WANT TO LEARN FIGHTING AND GRAPPLING
- LOOKING FOR STRUCTURED TRAINING?
- INTERESTED IN SELF DEFENSE?

What is mixed martial arts?

Mixed martial arts is the combination of striking, grappling, and submissions used to subdue your opponent. (i.e., UFC, WEC)

Do I need to have experience or be athletic to participate?

Absolutely not, we offer instruction to all who are willing to participate, male or female 16 and up.

(Separate programs for youth and women are possible depending on interest so let us know if you are interested in either of these programs)

Our goal is to develop skills and abilities for the purpose of **self-defense, recreation, and competition.**

All are welcome regardless of background or skill level.

No experience necessary. No egos necessary.

REGISTRATION INFORMATION

No Gym Membership Required

Class is held Mondays and Wednesdays from 5:30-7:00pm

\$80.00 for a 10 class punch card or pay \$10.00 per class

Equipment available at the SportsPlex

For more information contact the SportsPlex or Greg Daily (570) 204-5946