

SEAN GILHAM'S IMPACT

MARTIAL ARTS



Cornerstone Fitness & Wellness
110 Baker Street... Clanton, AL
sgilham@pelhamtaekwondo.com
(205) 266 - 0732

CLASSES MONDAYS AND THURSDAYS

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|-------------------|--|
| 5:00 PM - 5:30 PM | LIL DRAGONS (AGES 4-6) / FITNESS ROOM (Starting Jan. 10) |
| 5:45 PM - 6:30 PM | JR WHITE BELT (AGES 7-12) / FITNESS ROOM |
| 6:35 PM - 7:30 PM | ALL JR GREEN-BLACK BELTS (AGES 6-12) / GYM |
| 7:30 PM - 8:40 PM | ALL ADULTS WHITE-BLACK BELTS (AGES 13 +) / GYM |

At Impact Martial Arts, the focus of our training is not only on physical strength and growth, but also on important life skills that lead to personal successes in life. We believe that a healthy individual is characterized by a strong body and a strong mind. During classes you can expect to sweat, lose weight, and tone your muscles while having a great time in a professional atmosphere.

CALL TODAY TO SCHEDULE YOUR
FREE TRIAL CLASS!

"IMPACTING THE COMMUNITY, ONE BLACK BELT AT A TIME!"