



DISCIPLINE
LEADERSHIP
SELF-DEFENSE

MARTIAL ARTS
with Instructor Zack Wilds

At the Ashland Area YMCA

Lil Dragons (ages 4-7)

Tues/Thurs 6:30-7:00 PM

Member \$40 | Non Member \$60

Martial Arts (7 & up)

Tues/Thurs 7:00-9:00 PM

Member \$50 | Non Member \$70

****Discounts for additional family members**

Instructor Zack Wilds is a Black Belt in traditional Shaolin Kung Fu and a two striped blue belt in Brazilian Jiu Jitsu and a MMA fighter. All Jiu Jitsu testing and seminars will be done by a Black Belt Instructor.

Contact Zack at (740)237-5037

Contact AAYMCA at (606)324-6191



Sign up anytime!
First class is free!!