

About Our Program

River Valley Martial Arts is a member of the International Karate Association and teaches a blended system of Okinawan martial arts, with a focus on personal fitness, self-defense, and the practical application of karate in real life situations.



Our trained staff includes an ACFE certified personal trainer, who is available for personal health assessments and to develop specialized workout programs to achieve specific goals, such as weight loss, strength training, improved flexibility , and more.

We provide a fun, family-friendly atmosphere where individuals (and families) can achieve their personal fitness goals while learning the time-honored skills, techniques and traditions of the martial arts.

Our school is also a NSA-certified “Kid-Safe” and “Women-Safe” Training Center and we offer specialized self-defense programs, as well as martial arts programs for children ages 4 and older.



Lose Weight

Build Stamina

Increase Focus

Relieve Stress

Improve Flexibility



International Karate Association



River Valley Women-Safe



Martial Arts Fitness Training

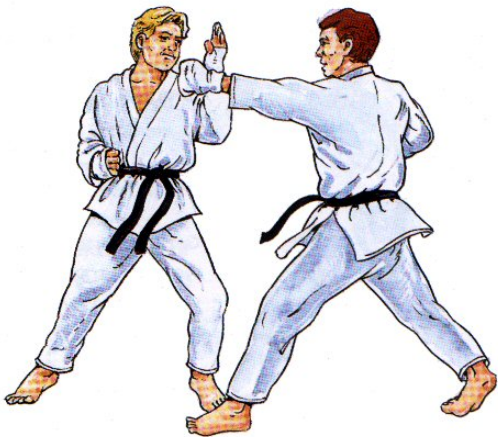
Simply Living, or Living Well?

It's a proven fact that you feel better if you exercise, and the longevity benefits of being active are well known: lose weight, lower blood pressure, improve strength, flexibility and stamina, increase focus, and more.

Simply put, a regular fitness plan helps you not just live, but "live well".

Why Martial Arts Fitness Training?

Unlike traditional aerobic or strength training, martial arts fitness training combines the best of both worlds: a high-energy cardio workout and



strength training into a single fitness program, engaging the mind and the body.

Fitness Assessments

Before you engage in any type of physical activity, most health professionals recommend you have a personal assessment to evaluate your current health status and determine how an exercise program may affect you. This is especially important if you are hypertensive, diabetic, or have other health risk factors.

Personal Fitness Plans

If you are looking to loose weight, increase flexibility, or have other personal fitness goals, we can create a personal fitness plan to help you achieve these individual goals, providing education and encouragement along the way.

Corporate Discount

Both you and your employer benefit from your good health. Less missed work days due to sickness, improved productivity, and lower stress levels at work benefit everyone in the corporate workplace.

Your employer understands this, and has negotiated a corporate rate for you (and your immediate family) to participate in one or more of our martial arts fitness programs.

We have programs for the entire family:

Lil Dragons (Ages 4-6)	\$30.00	/	Month
Kick'n Kids (Ages 7-12)	\$45.00	/	Month
Teens / Adults	\$50.00	/	Month

If you have multiple children, ask for our corporate family rate.

Family-Friendly Training

We are proud of our encouraging, family-friendly environment. We want your training experience to be a positive one, and we strive to constructively challenge our students in each class. This is one of the few fitness activities the family can do together, and can make for some rewarding experiences.

Martial arts fitness training is one of the "best kept secrets" in personal training, and one that can bring lasting rewards.



PO Box 640

1809 Weir Road

1 Mile North of Wal-Mart, Just Past Exit # 83

Russellville AR 72811

P 968-1708 (Day) P 890-6988 (Studio)

F 967-9898

E rvma@imga.com

www.rivervalleymartialarts.com