



TAEKWON DO



CLASS TAUGHT BY MASTER JENNY PLESS, A 6TH DAN TAEKWONDO TEACHER. TEACHING YOUNG CHILDREN, ADULTS AND SENIORS IN SUGAR LAND FOR 25 YEARS.

CLASS WILL ENHANCE A PARTICIPANT'S SELF-ESTEEM, BUILD CONFIDENCE, DEVELOP DISCIPLINE, TEACH SELF DEFENSE, MAKE FRIENDS & LOSE WEIGHT. HELP SET GOALS AND STRENGTHEN ONE'S MIND AND BODY. CLASSES ARE DESIGNED TO FIT ALL AGES, YOUNG CHILDREN, ADULTS AND SENIORS.

**Eldridge Park Community Center
Sugar Land, 77478**

\$35 Uniform Fee paid to instructor

**Resident \$40
Non-Resident \$50**

**Tuesdays & Thursdays (beginning January 2025)
5-6 p.m. & 6-7 p.m. (youth only)**



WWW.SUGARLANDTX.GOV/PARKSREGISTER



Parks & Recreation