

# Kickboxing/Jiu-Jitsu/MMA



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FlexWorld Fitness is proud to offer Jiu Jitsu classes 3 times week taught by our champion Steven Baker.



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## About Steve Baker

I am a Professional Mixed Martial Arts Fighter from Bridgeville, Delaware. I am a 3rd degree purple belt under Jonathan Garfield/Pedro Sauer. I own Baker's Martial Arts LLC.

I teach Jiu-Jitsu classes at Flex World Fitness in Georgetown, Delaware. Friday at 6:00 pm and Saturdays/Sundays at 12:00 noon. I try to provide a class that is built on the basics and Self-Defense skills that will help you in a real situation. Skills that involve having a solid base, using leverage, and weight distribution. It also has health benefits as well, it helps to develop; better coordination, flexibility, agility, and speed. It also helps you think faster, clearer, and simultaneously teaches you self control, confidence and determination.

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# Schedule

Three times a week.

Monday, Wednesday & Friday 5pm classes

Monday class will be by 5-5:30pm Dynamic Warm up in the Aerobics room for ALL Members!

Steve is also doing kids classes and kids 1/1 sessions.

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# Cost

Drop in for \$8 or Signup Monthly for \$75

