**Muay Thai:** A martial art form that originated from Thailand, also known as the “Art of Eight Limbs” which focuses on strikes using the eight points of contact: feet, knees, elbows and fists. Muay Thai focuses on body conditioning; training with Muay Thai pads, focus mitts, heavy bags, and boxing/kickboxing combination drills that use almost every muscle in your body. Muay Thai strengthens your legs, your core, increases your flexibility and helps you lose weight and relieves stress. Whether you want to compete in the sport and get ready for ring competition or simple learn the art to stay healthy and in great shape **Muay Thai workouts will produce a healthier, leaner, stronger body and help you be at your best** level of fitness. **It’s important to be in on a regular basis** in order for martial arts lessons to be effective for learning self defense so c**ome find out how much fun getting in shape can really be.**

**Brazilian Jiu-Jitsu –BJJ:** Brazilian Jiu-Jitsu also referred to as Gracie Jiu-Jitsu is a martial art that focuses on grappling and ground fighting techniques and is one of the most effective and powerful self defense systems around. If you want to learn how to protect yourself or your ultimate goal is to become a fighter the physical and mental benefits of BJJ will change your life beyond self defense. BJJ is a great all around sport that will make you stronger more agile, leaner and healthier with strength, technique and conditioning training. The more your on that mat and training, the better you will become so come on in and check out a class today!

**Wrestling:** Widely recognized as the world’s oldest competitive sport and one of the most physically demanding sports that any athlete can partake in. Our wresting program teaches all the aspects and styles of this sport including stance, clinches, fighting, throws, takedowns, joint locks, pins, holds and turns. Wrestling is a grueling sport that strengthens virtually all the muscle groups. This sport requires you to use all the muscles in your body; muscles in your hips, legs, torso, upper body and neck for extended period of time while improving your coordination, agility and speed. Wrestling takes a lot of hard work and discipline but the positive effects it has on a person will remain with them forever.

**Yoga:** “Yoga is philosophy in motion there is no quick fix, no short cut to physical health and fitness, just a process, and in yoga the goal is the process.” Baron Bapstiste. Yoga has long been known as the oldest holistic health care system for physical, mental and spiritual well being. Today more and more athletes are discovering the benefits of yoga and incorporating this ancient practice that combines controlled breathing, meditation, flexibility, balance, strengthening your joints and posture into their training routines. Come on in and relax your body, mind and soul with Emily Burdett our Yoga instructor; we guarantee after her class you will leave feeling relaxed with a sense of overall well being.

**Cardio Conditioning:** A great cardio routine isn’t essential for just athletes and MMA fighters; it’s essential to anyone who wants a healthy life style. Cardio conditioning is very important for stamina and cardiovascular endurance; it builds energy and improves your strength. Our cardio classes start with a low-intensity cardio warm-up with timed intervals of circuit training using various equipment and drills that maximized both your endurance and strength. An MMA workout focuses on several aspects: Cardio Strength, Muscle Strength, and Core Strength and without strengthening your cardio you won’t be able to work hard for long periods of time without ‘gassing out’. Cardio conditioning is extremely important; we can’t stress that enough. The old adage of “fights are won and lost in the gym” whether that ‘fight’ is in the ring or the desire to get healthy and loss weight it’s all up to you. Get in here and check out a class today; we would be glad to have you join our family.

**Private Lessons:**  At Nostos MMA our one-on-one personalized private classes are designed to allow individuals with busy work/home schedules the opportunity to learn and train outside of our regular daily schedule. For those who can’t make it to our scheduled classes or for those who just want extra training time private classes are great; they offer the same opportunity to learn just at a faster pace. We also offer group rate discounts. Just give us a call 401-835-3662 or email us at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ we would be glad to tailor an individualized program that meets your needs.

**Boxing:** Whether your goal is to compete, learn self-defense, lose weight and stay in great physical shape; we have something for everyone’s goal; we will work with you to improve your physical well being and mental strength. If you think that boxing only requires the upper body to throw a punch then think again; this couldn’t be further from the truth. To properly throw a punch you have to use your core, legs, hips, and arm to execute a great strike. Our boxing classes will help condition your body by improving your timing, footwork, blocking, balance, burn calories, improve upper body movement and striking effectiveness all in a challenging and fun atmosphere. Even if you never use your boxing skills in competition; just knowing how to use what you have learned in our classes to defend yourself if needed is an amazing feeling of confidence. Come check out a class today.

**MMA Mixed Martial Arts:** MMA takes the best of all the combat sports and combines these fighting techniques; striking, grappling, wrestling and boxing into an exceptional workout and that is quite a package deal. You don’t have to be a fighter and looking to compete to enjoy this sport; if you are interested in self-defense and improving your health and fitness this is the class for you. MMA has seen a spike in the amount of women signing up mainly to learn self defense and our adult classes are for both men and women so come on and start enjoying this fast growing sport**.**

**Youth Programs:** Our youth program is specifically designed for children ages 5 to 12. There are plenty of benefits that children can gain from our youth programs; more confidence, self-discipline, control, better self-esteem all while having fun learning in a structured and positive setting. We worked to achieve programs that are both challenging and fun that focus on conditioning and self-defense techniques along with skilled orientated games. Throughout their training children will grow and advance at a pace that motivates them to be better both on and off the mats. Come on in and meet our trained instructors and learn all about what our youth programs entail.

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**<h2>Sunday</h2>**

**<p>Kids BJJ/Self Defense <span>9-10am</span><br>**

**Muay Thai <span>10-11am</span><br>**

**Open Mat <span>10-11:30am</span></p>**

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**<h2>Waiver</h2>**

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