

Chigo's age-specific program will prepare your child to participate in the next stage of their life - preschool.

Graduates of Chigo move right into our Tiny Tiger Karate Class where we increase their focus & concentration,; continue to develop their gross motor skills, balance, coordination, following directions - as well as teach them basic Martial Arts, Stranger Danger, reinforce respect, discipline, and more!

# Chigo

*Interested in MORE?  
We Have It.*

*New Jersey Martial Arts Academy and Sports Training Facility offers programs to meet everyone's needs. Call for info on our Weight and Cardio Training Programs.*

- *Karate & Martial Arts*
- *Boot Camp Workouts*
- *Body Sculpting*
- *Endurance Training*
- *Spinn Cycling*
- *Sport Training*

*We Have a Complete Fitness Training Gym with Elliptical Trainers, Recumbent Riders, Treadmills, Free Weights, a Multi-Station Vectra Stack Machine and Powertech Workbench Training Systems.*

*"Committed to Achieving Personal Excellence through the Development of MIND, BODY, & SPIRIT. We work from the inside-out, building Inner-Confidence, Mental Discipline, and Physical Skill"*

**New Jersey  
Martial Arts Academy**

142 Lakeside Blvd  
Landing, NJ 07850

# 973-770-4555

**New Jersey  
Martial Arts Academy**

*Now Offering*

# Chigo

**Fitness, Play and  
Exercise  
for Mother and Child**



**From 6 Weeks  
To 36 Months**

## Child will Enjoy

Age Specific Activities,  
Exercises & Games

Imitation & Patterning

Basic Gymnastics &  
Acrobatics

Problem Solving &  
Creative Play

Respect & Discipline

Eye-Hand Coordination

Balance & Strength

Build Social Skills

Baby Massage

# Chigo

Chigo's exercise and fitness routines will help you discover new levels of you and your child's well being both physically and mentally. You will enjoy the traditional exercises and the benefits & balance of the martial art while working with a personal trainer who will help you achieve your goals.



For More Information Call

**973-770-4555**

## Mom's Will Enjoy

Understanding Your Child's  
Growth and Development

Gaining Strength and  
Toning Your Body

Build Mother-Child Bond

Regain Your Sense of  
Well Being

Make New Friends

Develop Relaxation  
Techniques

Establish Healthy  
Physical Habits