

OneLife Fitness

# SHOTOKAN KARATE



Achieve a balance of body and mind through this popular martial art.

- Increase Strength and Flexibility
- Improve Reflexes and Coordination
- Great Family Fun Opportunity
- Improve Focus and Concentration
- Achieve Greater Self-Awareness
- Practice Body Control and Techniques

**New Days & Times: (All Ages) Monday & Wednesday 7:30 – 8:45 p.m.**

Cost:	Member only:	\$50 per month
	Member Family of 1-2 persons:	\$75 per month*
	Member Family of 3-4 persons:	\$85 per month*
	Non-member only:	\$70 per month
	Non-member Family of 1-2 persons:	\$115 per month*
	Non-member Family of 3-4 persons:	\$145 per month*

**Instructors:** Sensei Sterian Tuluceanu, 7 Dan & Sensei Marian Tuluceanu, 7 Dan

**Location:** OneLife Fitness, 5115 Leesburg Pike in Falls Church, VA 22041

**Notes:** \*Qualifying “family” members share the same residential address.  
Minimum participant age is six-years old. Our classes run year-round.

**To register, contact:** Diane Tuluceanu, NovaShotokan@outlook.com (703) 658-9512  
Shotokan Fudokan Karate-do of Northern Virginia  
Visit our Website, [www.novashotokan.com](http://www.novashotokan.com) and join us on  
Facebook, <https://www.facebook.com/NOVAFudokan/>

**Safety Protocols:** Please wear a mask into and out of the center to the gym area, and upon instructor advisement. Please be aware the gym closes at 9pm.

**Parking:** OneLife validates 3 hours for parking garage, and a temporary outdoor pass is available at front desk. Towing is enforced.

