



MUAY THAI TRAINING



🤔 What is it?

Muay Thai, also known as the “**Art of Eight Limbs**,” is a striking-based martial art that incorporates **punches, kicks, elbows, and knee strikes**. At **Living Faith Fitness**, our Muay Thai training focuses on **strength, endurance, technique, and self-defense** while developing mental toughness and discipline.

📌 What to Expect:

- **Technique Drills** – Learn the proper stance, footwork, and striking techniques for powerful, controlled and balanced movements.
- **Pad Work & Bag Drills** – Enhance your power, speed, and accuracy with focus mitts, Thai pads and heavy bag training.
- **Conditioning & Strength** – Functional strength training to improve endurance, flexibility, mobility, core and bone strength.
- **Controlled Sparring & Application** (optional) – Apply techniques in a safe, structured environment.
- **Biblical Motivation** – Train with **faith-centered discipline**, focusing on strength in body, mind, and spirit.

🎯 Who is this for?

- ✓ Those seeking **self-defense skills and practical striking techniques**.
- ✓ Athletes looking to **enhance endurance, coordination, and strength**.
- ✓ Anyone wanting a **full-body workout that builds confidence and mental resilience**.

📅 Class Schedule:

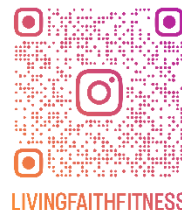
📅 **Mondays & Wednesdays:** 6:30 PM

📅 **Tuesdays & Thursdays:** 7:00 PM

📍 **Location:** Living Faith Fitness Studio

📖 **"Blessed be the Lord, my rock, who trains my hands for war, and my fingers for battle."** – Psalm 144:1

📧 **Want to train?** Book your first intro session (\$49) or drop-in (\$25): LivingFaithFitness@gmail.com



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