

EVENT CALENDAR

MAY

Wednesday	Thursday	Friday	Saturday
2	3	4 4:00 p.m. NKY Martial Arts Academy	5
9 6:00 p.m. Ludlow School Fitness Center	10	11	12 8:00 a.m. POUND® @ EmPower
16	17	18 4:00 p.m. NKY Martial Arts Academy	19 8:00 a.m. POUND® @ EmPower
23 6:00 p.m. Ludlow School Fitness Center	24	25	26 8:00 a.m. POUND® @ EmPower

JUNE

Wednesday	Thursday	Friday	Saturday
		1 4:00 p.m. NKY Martial Arts Academy	2 8:00 a.m. POUND® @ EmPower
6 6:00 p.m. Ludlow School Fitness Center	7	8	9 8:00 a.m. POUND® @ EmPower
13	14	15 4:00 p.m. NKY Martial Arts Academy	16 8:00 a.m. POUND® @ EmPower
20 6:00 p.m. Ludlow School Fitness Center	21	22	23 8:00 a.m. POUND® @ EmPower
27	28	29 4:00 p.m. NKY Martial Arts Academy	30 8:00 a.m. POUND® @ EmPower

JULY

Wednesday	Thursday	Friday	Saturday
4	5	6	7 8:00 a.m. POUND® @ EmPower
10	11	13 4:00 p.m. NKY Martial Arts Academy	14 8:00 a.m. POUND® @ EmPower
18 6:00 p.m. Ludlow School Fitness Center	19	20	21 8:00 a.m. POUND® @ EmPower
25	26	27 4:00 p.m. NKY Martial Arts Academy	28 8:00 a.m. POUND® @ EmPower

CLASS INFORMATION

**NKY Martial Arts Academy: 869 Oak Street Ludlow, KY
(859) 640-5926 [facebook.com/NKYMartialArts/](https://www.facebook.com/NKYMartialArts/)**

At NKY Martial Arts Academy, learning valuable self-defense skills becomes playtime, both for kids and adults. Regardless of your age or fitness level, you can learn martial arts skills and have a great time. Our facility is designed specifically to provide a safe learning space to enhance your lesson and leave you eager for more.

**Ludlow School Fitness Center (in front of the old High School Gym)
524 Oak Street Ludlow, KY greg.taphouse@ludlow.kyschools.us**

The Fitness Center is open to the Ludlow community. It has several cardio machines and strength training equipment. Come and do an individual workout or the circuit workout provided.

**EmPower: 318 Oak Street Ludlow, KY
(859) 912-5389 [facebook.com/empowerstrong/](https://www.facebook.com/empowerstrong/)**

POUND®: Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Designed for all fitness levels and a great way to let loose and get energized.