

# Parents Month Returns To AmmA



Parent's Month, an AMMA tradition dating back to the founding of the dojo, returns again! For the month of November any parent(s) of AMMA students may train for **FREE** in either Karate or MMA classes. As an added bonus on November 7 from 7:00-8:00 parents and children can take part in a special Parent & Child Workout. This workout will be high-energy fun and every student who participates will receive a special certificate of completion. Sign up for Parent's Month and the Special Workout today! Osu!