

# Kung Fu

Kung Fu



## Traditional Hung Gar Kung Fu

Traditional Hung Gar is known as a fast, hard hitting, beautiful martial art that is fun to practice and extremely effective for self defense. The most famous Kung Fu teacher of all China, Wong Fei Hung practiced this style.

**Day: Monday's @ 7:00pm - 8:30pm**

(SJC Fitness & Aquatic Center - Aerobic Room)

**Wednesday's @ 5:30pm - 7:00pm**

(SJC Community Center - Auditorium/Stage Area)

**Cost:** \$55.00 (Monday & Wednesday)

**Registration:** [www.activityreg.com](http://www.activityreg.com)

**Age:** 8 - 60+

**Contact:** [cwanlass@sjc.utah.gov](mailto:cwanlass@sjc.utah.gov) or 801-253-5236

**South Jordan Fitness & Aquatic Center | 10866 S. Redwood Rd. | South Jordan, UT 84095**