



WELCOME TO LOTUS CLUB FIGHT & FITNESS

WE'RE THE WEST VALLEY'S TOP RANKED BRAZILIAN JIU JITSU ACADEMY. WE OFFER BRAZILIAN JIU JITSU, KICKBOXING, AND FITNESS CLASSES DESIGNED TO BENEFIT ANYONE AT ANY LEVEL.

- ✓ FRIENDLY INSTRUCTORS
- ✓ CHALLENGING WORKOUTS
- ✓ INCREDIBLE RESULTS

Lotus Club Fight & Fitness was started with one goal, to provide a higher level of instruction and preserve the art of Brazilian Jiu-Jitsu. Our mission is to provide a fun, safe, clean, friendly environment where members will have access to all the tools necessary to achieve their personal goals.

Whether a member has a goal to lose 100lbs, compete in a fitness competition, gain self-confidence, find a fun new hobby, become a professional fighter or a world champion, we have everything you will need to reach your goals. There are many class offerings for both adults and kids.

Located in the West Valley, easily accessible with the loop 101 and 303 freeways, just minutes away from anywhere in the Peoria, Glendale, Vistancia, Surprise, El Mirage and Phoenix areas.

CLASS OFFERINGS



BRAZILIAN JIU JITSU

BJJ promotes the concept that a smaller, weaker person can successfully defend against a bigger, stronger assailant by using proper technique, leverage, and most notably, taking the fight to the ground, and then applying joint-locks and chokeholds to defeat the opponent. BJJ training can be used for sport grappling tournaments (gi and no-gi) and mixed martial arts (MMA) competition or self-defense. Sparring (commonly referred to as "rolling") and live

drilling play a major role in training, and a premium is placed on performance, especially in competition, in relation to progress and ascension through its ranking system.



KICKBOXING

Our kickboxing classes provide a great full body workout where members will learn proper techniques for punches, kicks, knees and elbows. We offer classes for both adults and kids, with classes designed for members at any level.



GROUP FITNESS

Our group fitness classes are designed to provide a fun and energetic program to help our members stay motivated and excited about working out, without falling into a boring, repetitive routine. Every workout is different, so members will never do the same workout twice.



PRIVATE TRAINING

Our staff of highly qualified trainers provide one on one or small group training programs developed for your personal needs to help you reach your fitness goals in a safe, fun and efficient way.

We also provide one on one or small group training sessions for Brazilian Jiu-Jitsu, Kickboxing, Boxing and Muay Thai. Private lessons are a great way to gain a competitive

edge or to be able to fit in a training session into a busy schedule.



<https://www.lotusclubfightandfitness.com/>