



HEALTHQUEST FITNESS CLUB

Martial Arts

Please contact the Martial Arts Department at martialarts@hqfit.com or 908.782.4009 x238 with any questions
All classes held in the Martial Arts Studio unless otherwise specified.

last update 1/30/2024

Little Tigers (Ages 5 - 6)						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:30-5:15pm Taekwon-Do Little Tigers (Ages 5-6yrs)		4:30-5:15pm Taekwon-Do Little Tigers (Ages 5-6yrs)			10:00-10:45am Taekwon-Do Little Tigers (Ages 5-6yrs)	
Taekwon-Do (Ages 7 and up)						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15-6:00pm Taekwon-Do White/Sr White	5:00-5:45pm Taekwon-Do White - Yellow	9:30-10:15am Taekwon-Do All Belts (Ages 12 and up)	4:30-5:15pm Taekwon-Do White/Sr White		10:45-11:30am Taekwon-Do White/Sr White	
6:00-6:45pm Taekwon-Do Yellow/Sr Yellow	5:45-6:45pm Taekwon-Do Green Up & Black Belts	5:15-6:00pm Taekwon-Do White/Sr White	5:15-6:00pm Taekwon-Do Yellow to Sr Blue		11:30am-12:15pm Taekwon-Do Yellow/Sr Yellow	
6:45-7:30pm Taekwon-Do Green and Above		6:00-6:45pm Taekwon-Do Yellow/Sr Yellow	6:00-6:45pm Taekwon-Do Sparring		12:15pm-1:00pm Taekwon-Do Green and Above	
		6:45-7:30pm Taekwon-Do Green and Above	6:45-7:30pm Taekwon-Do All Belts (Ages 12 and up)			
Tai Chi						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	10:00-11:30am Tai Chi (Dance 5)		10:00-11:30am Tai Chi (Dance 5)			
	11:30am-12:00pm Tai Chi-Weapons (Dance 5)		11:30am-12:00pm Tai Chi-Weapons (Dance 5)			
Aikido & Brazilian Jui-Jitsu						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30-8:30pm Aikido	6:45pm-7:30pm Aikido Kids (Ages 8-13)		7:30-8:30pm Aikido	5:00pm-6:00pm Brazilian Jiu-Jitsu	8:30-9:30am Aikido	8:30-9:30am Brazilian Jiu-Jitsu
8:30-9:00pm Aikido Open Mat			8:30-9:00pm Aikido Open Mat		9:30-10:00am Aikido Open Mat	

Fall 2023-2024 Calendar		
Although Martial Arts classes run year-round we do follow the Youth Holiday schedule		
Mon Sept 11th	Classes Begin	February 16-19th No classes Presidents weekend
Wed Nov 22nd	No Class after 12:00 noon	Mar 29 - April 7 No classes Spring Break
Thanksgiving	No Class Nov 23-26th	May 24-27th No classes Memorial weekend
Fri Dec 22nd	No Class after 12 Noon	July 4th No Classes 4th of July
Winter Break	No Classes Dec 23rd-Jan 2nd	



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Styles and Descriptions

Taekwon-Do

At HealthQuest, our mission is to strive towards the total development of the individual into a well-rounded and responsible person. The curriculum will help the student learn to balance physical challenges, mental stress, and emotional conflict. We do this through teaching and reinforcing the principles of respect, courtesy, integrity, perseverance, self-control, patience, and humility.

A positive character, confident personality, and high moral standards will be developed through the martial arts training. We encourage our students to incorporate these values into their everyday lives.

HealthQuest Martial Arts has chosen a unique and refreshing approach to Martial Arts instruction. The core of our style is Tae Kwon Do, but includes material from a variety of martial arts. The student will develop core strength, endurance, balance, and flexibility while improving self-confidence and self-control.

Tai Chi

The study and practice of Taijiquan is the study of natural harmony. Through the movements, the deep breathing, the focus of intention, the ideal of body and mind in synch becomes reality. Proper practice of Qigong and Taijiquan can help you rediscover your natural movement, freedom of energy, and personal potential.

Kokikai Aikido

HealthQuest is extremely fortunate to have one of the five highest ranked and most respected Kokikai Aikido instructors in the world. This high quality instruction is offered free to members.

Aikido principles focus on coordinating mind and body by learning to be relaxed and centered. As students train, they develop calmness, grace and strength under pressure. They are able to achieve clarity and react calmly. Their newfound strength allows them to defend against much larger attackers. Self-defense techniques are performed efficiently and effectively. Minimum effort results in maximum effect.

Aikido teaches self-defense against both single and multiple attackers. All attacks (grabs, punches, kicks, and weapons) have a weak or blind spot. We move to these weak spots, upset the attackers balance, and use techniques to establish control.

Begin Aikido and experience you're most powerful state when mind and body act together.

Brazilian Jiu-jitsu

Brazilian Jiu-jitsu presents a unique perspective on martial arts and self-defense. Students can learn Jiu-jitsu fundamentals which will enable them to learn how to use their body to create solutions to address opponent's size strength and particular structural/physical configuration.