

Piasa Martial Arts
at



(618) 466-9115 • 4425 Industrial Dr, Alton
www.NautilusAlton.com

ONE WEEK FREE TRIAL



on any offered
Martial Arts class!

*Only one coupon may be redeemed
per person.*

Call (618)466-9115

Follow us on



Piasa Martial Arts at

Nautilus FITNESS CENTER

(618) 466-9115 • 4425 Industrial Dr, Alton
www.NautilusAlton.com

“Dedicated to the development of the whole individual through the use of traditional, as well as contemporary methods of Martial Arts training.”

Classes are designed to meet each students' needs. For fitness, we offer exercises that condition and improve strength, agility, flexibility and endurance.

For self defense we offer scenario based training. Simple yet effective techniques that can be used by anyone, anywhere, anytime.

For sports we offer competition in Tae Kwon Do, Karate, Grappling, Kick Boxing, and MMA.

For the true martial artist at heart, we offer the chance to become a black belt, and as a black belt to help maintain an ancient, noble, and dignified way of living.

All classes are taught by highly trained certified black belts.



Follow us on

