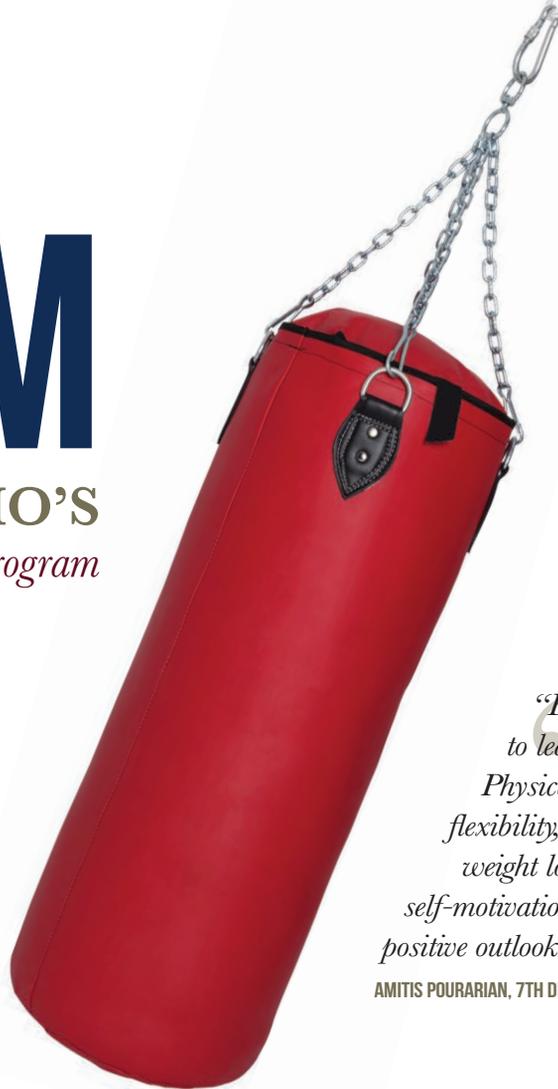


BAM

THE STUDIO'S *Bad A** Moms Program*

COURTESY TO ROSEVILLE MAGAZINE



“BAM is designed for women who want to learn self defense and earn a Black Belt. Physical benefits include improved fitness and flexibility, increased strength and endurance, and weight loss. Mentally you can expect to develop self-motivation, confidence, and control along with a positive outlook on the challenges life sends your way.”

AMITIS POURARIAN, 7TH DEGREE BLACK BELT AND FORMER US TAEKWONDO TEAM MEMBER

THE STUDIO Martial Arts and Fitness, located in Roseville, offers a variety of exclusive classes and programs such as Ninja Obstacle Course, ACKC cardio kickboxing, and Wise Warriors non-contact martial arts for seniors.

One of their unique offerings is BAM (Bad A** Moms), a martial arts program designed by a woman, just for women, and taught by women!

Created by Master Amitis Pourarian, a 7th degree Black Belt and former US Taekwondo team member, BAM incorporates Taekwondo, fitness, self defense, and life coaching.

“BAM is designed for women who want to learn self defense and earn a Black Belt,” says Pourarian. “Physical benefits include improved fitness and flexibility, increased strength and endurance, and weight loss. Mentally

you can expect to develop self-motivation, confidence, and control along with a positive outlook on the challenges life sends your way.”

Women interested in learning more about BAM are invited to attend a free class. “We’d love for more women in our community to experience the benefits of BAM and see for themselves why so many are doing this,” Pourarian says. “You don’t actually need to be a mom to take part! BAM is open to women of all ages and fitness levels, and you don’t need any experience to join in.”

“BAM has made an impact on my life in many ways,” notes one participant. “It’s become a weekly part of my life and I look forward to it. I did not expect it to be as rewarding as it is, but all of us working hard towards the same goal is a great feeling. I look forward

to training and earning my Black Belt. It may take awhile but I know I can accomplish it! I would recommend BAM to any woman who wants to strengthen herself inside and out.”

In addition to offering fitness and martial arts classes, THE STUDIO also regularly hosts free community workshops and events with the goal of educating and inspiring attendees. “Our annual free self-defense workshop for women, held in August, was a great success,” says Pourarian. “We hope women left feeling more aware, prepared, and ready to defend themselves should the need arise in their everyday life. We look forward to hosting women in our community again next year.”

For more information about THE STUDIO, or to sign up for your free BAM class, call (916) 258-5425.

MAKING AN IMPACT:
The Studio owner
Master Amitis Pourarian.
File photo

