

Karate and Self-Defense Classes

Karate and Self-Defense Classes help build confidence, physical strength & endurance, and increase mental focus. If you are interested in taking a karate or self-defense class at Arizona Heat Elite, please sign up at the front desk. We will look to begin offering these classes in the Fall.

TRAINING ATHLETES
BUILDING CHARACTER
INVESTING IN LIVES



ARIZONA HEAT ELITE

Cheer Training Center
1830 E. Baseline Road
Suite 108
Mesa, AZ 85204

Contact: Jason Mitchell
Phone: 480-539-1134
Fax: 480-539-9178
E-mail:
jmitchell@arizonaheat.org

