


## South Coast Self Defense - Cardio Kickboxing, Krav Maga & Fitness - New Bedford

new bedford

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## *South Coast Self Defense - Cardio Kickboxing, Krav Maga & Fitness - New Bedford*

**Explore South Coast Self Defense: Your Premier Martial Arts School in New Bedford**

If you're searching for a martial arts school that offers more than just physical training, look no further than **South Coast Self Defense** located in New

Bedford, Massachusetts. Known for its inclusive environment, this academy specializes in Cardio Kickboxing, Krav Maga, and fitness programs that cater to all ages and skill levels.

## **Accessibility Features**

One of the standout features of South Coast Self Defense is its commitment to accessibility. The facility boasts a **wheelchair-accessible car park** and a **wheelchair-accessible entrance**, ensuring that everyone can participate in their classes without barriers. This dedication to inclusivity reflects the welcoming atmosphere that has become synonymous with this school.

## **A Community-Centered Approach**

Attendees frequently commend South Coast Self Defense for its community-oriented events, such as free seminars on personal safety and self-defense techniques. One participant remarked, "The session was incredibly informative, providing valuable insights into personal safety and self-defense techniques." The hands-on approach taken by head instructor David Eaton empowers students by enhancing their knowledge and confidence.

## **Welcoming Environment for All**

Whether you are a complete beginner or have experience in martial arts, South Coast Self Defense ensures that you feel at home from the moment you walk in. A parent of two students noted, "The instructors have a lot of patience with all the kids, which means a lot and makes them feel very comfortable." The supportive atmosphere is designed to motivate individuals to push beyond their limits while fostering camaraderie among classmates.

## **Diverse Training Options**

With offerings like **Cardio Kickboxing** and **Krav Maga**, there's something for everyone. Students appreciate the variety of classes that focus on both fitness and practical self-defense skills. As one member stated, "It's a great workout, fun, and stress-free." This dual focus allows participants to enjoy an invigorating workout while learning crucial life skills.

## **Transformative Experiences**

Many students report life-changing experiences after joining South Coast Self Defense. From gaining confidence to achieving personal fitness goals, the impact of training extends beyond the dojo. One student proudly shared, "I lost 40 pounds and I'm in the best shape of my life because of Krav Maga Boston

South Coast.” Such transformations are common, thanks to the dedicated instructors and the engaging training environment.

## **Join the Family Today!**

If you're ready to embark on a journey that blends fitness, self-defense, and community, visit **South Coast Self Defense**. With a focus on inclusivity, expert instruction, and a welcoming environment, this school has everything you need to achieve your personal goals. Don't wait—book your trial class today and discover why so many people are enthusiastic about their training!

## **We are at**

457 Ashley Blvd, 02745 New Bedford, Massachusetts - United States (US)

The phone number of the respective **Martial arts school** is +1508-817-6693  
And if you want to send a WhatsApp, you can do so at +1508-817-6693

## **We are available at these times:**

Day Hours  
Monday  
*Closed*  
Tuesday  
8–11?AM  
Wednesday  
*Closed*  
Thursday  
4:30–8:30?PM  
Friday  
6:30–8?AM 4:30–8:30?PM  
Saturday  
6:30–8?AM 4:30–8:30?PM  
Sunday  
4:30–8:30?PM

The website is South Coast Self Defense - Cardio Kickboxing, Krav Maga & Fitness

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Thanks beforehand thanks.

## Images



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## Tags

*Accessibility, Wheelchair-accessible entrance, Wheelchair-accessible car park*

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5.0 \* *9Round Kickboxing Fitness - Martinez*



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community center
convenience store
country club
dance school
dollar store
elementary school
exercise equipment store
firearms academy
fitness
fitness center
golf club
golf course
grocery store
gym
gymnastics center
hair salon

health consultant
health food restaurant
health spa
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kinesiologist
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martial arts club
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massage therapist
meditation center
non-profit organization
nutritionist
park
personal trainer
pharmacy
physical fitness program
physical therapy clinic
pickleball court
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public educational institution
recreation center
rehabilitation center
rock climbing gym
school district office
self defense school
shooting range
shopping mall
spa
spa and health club
sporting goods store
sports club
sports complex
sports medicine clinic
sports school

swimming instructor
swimming school
tennis club
thrift store
vitamin & supplements store
wellness center
wellness program
yoga instructor
yoga studio
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