

MONDAY & WEDNESDAY 4:30 PM

WOMEN'S SELF-DEFENSE

CHAPARRAL FITNESS CENTER



INCREASE:
SPEED POWER AGILITY
CONFIDENCE SELF-IMAGE
AWARENESS RESPONSE

A DEMANDING COURSE WITH EXCELLENT RESULTS.
STUDENTS WILL PROGRESS THROUGH THREE LEVELS OF TRAINING
EXECUTED WITH SPEED, POWER, & TACTICAL PROFICIENCY.
FOR MORE INFORMATION, CALL 671-2401

