

Can You Protect Yourself ?

A SIX-WEEK **Self** **Awareness** COURSE

New session begins

Monday, October 24, 2011

8:00 p.m.



Self defense classes are a great form of exercise and can offer benefits such as muscle toning, strengthening, improved balance, and coordination. It's also an effective cardiovascular workout.

Dress code: loose fitting t-shirts, pants/slacks and sweats must be worn in class. Clothing should not have buttons, belts, or zippers. No jewelry is permitted. Fingernails need to be at a short length.

Cost: \$60 per student/member
\$75 per non-member

RecPlex
Recreational Complex

For more information, please contact Mike Prociuk at prociuk@nova.edu.