

FREE to Members-R.A.D. Self Defense for Women-Beginning January 16th

This is a FREE high intensity 5-week class that synergistically combines proven risk reduction techniques with hands on defensive tactics training.

Classes will be Tuesdays and Thursday Evenings, 6:30 pm- 8:00 pm in the Aerobics Room.

Sign Up at the Fitness Desk TODAY! SPACE is limited.