

EMPOWER YOURSELF



WOMEN'S SELF-DEFENSE CLASS

You don't have to be a Black belt in Martial Arts to protect yourself. All you need is a few basic techniques and the right frame of mind. No matter what your fitness level is, come and join us for a little fitness, a few self-defense moves, and a lot of FUN.

What do you have to lose. It's FREE!

Class will be held Tuesdays at 7pm on the following dates: April 2, 9, 16, 23, and 30th 2019

Call today to reserve your spot.

Call Deputy Richard Wade at (804) 243-8404

SIGN UP TODAY!

Hopewell Courthouse 100 East Broadway
Hopewell, VA 23860
(804) 243-8404

