



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# REACT WITH CONFIDENCE



## Self Defense Training Returns!

Due to the demand, we are offering  
another 6-weeks of training!

Taught by Larry Tombitas, one of this  
areas finest instructors!

Begins Saturday, March 18th  
for 6 consecutive weeks.

12:30 pm • Group Exercise Studio 2  
Limited to age 18 and older

Space is limited. Register NOW at the service desk.