

# SELF DEFENSE

WITH DAVID PERKINS  
4 WEEK SESSION \$100/PERSON

Designed for women to enhance their personal protection abilities through maximizing their physical and mental abilities. Each week builds upon the last, helping create a solid foundation of skills. This is an interactive class that includes practical application as well as lecture materials.

Register:  
[www.mibeachclub.com](http://www.mibeachclub.com)  
Fitness Classes page

SUNDAY 3-4PM  
March 10, 17, 24, 31

MOTHER DAUGHTER  
PAIRS WELCOME!

