

Self defense

with
ron murray

Learn practical, effective self-defense skills from World Champion and Hall of Fame instructor Ron Murray. Build confidence, boost endurance, improve balance and learn how to strike back with tactical maneuvers designed for real-life situations.

Fee is \$25 for five classes; first class is free to try. Purchase punch cards at the Recreation office or the Clubhouse 5 office.

Wear comfortable workout attire and sneakers.



TUESDAYS FROM 2 TO 3 P.M.
STARTING NOVEMBER 18
CLUBHOUSE 5 FITNESS ROOM