

SATURDAY NOV 18
FROM 9:00 AM to 1:00 PM



FREE
WOMEN'S
SELF DEFENSE CLASS

INSTRUCTOR DANNY MOORE

Ages 14 and Up

SIMPLE AND EFFECTIVE TECHNIQUES

This four (4) hour class will teach you simple, effective techniques that will help you to prepare and defend yourself in various attack situations. Develop self-confidence, discipline, increase self-awareness, and train yourself to know what to do in any situation.

Thank you to our Sponsor,
No Worries Sports Bar & Grill



ONLY 34 SPOTS AVAILABLE!
FREE CLASS

(Sign-ups are required online:
<http://bit.ly/2yW5LFC>)

Classes will be held at:
410 W. Broadway
Farmington, NM

Gym Lou's
24 hour physical fitness

For more information:
505.592.3845
gymulous.com