



Self Defense For Women



Description

Class will be centered around teaching self defense to women using a form of martial arts known as Krav Maga (Contact-Combat). This is a self-defense system developed for special forces. Its also a great workout!

Information

Classes will be held in Studio 1
Sessions start 3/6 for 8 weeks.
Tuesday: 11:15am-12:00pm
8 Week session : \$64

Contact

Carolyn at
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Register Online or at Front Desk

**South County YMCA
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