WOMEN'S SELF-DEFENSE & CARDIO KICKBOXING

at Bridgeview Park District!



- ✓ **Build confidence.**
- ✓ **Get stronger.**
- ✓ **Learn how to protect yourself.**

IN THIS CLASS, PARTICIPANTS WILL:

- Learn effective self-defense techniques for real-life situations
- Improve fitness, strength, and endurance
- Build confidence and mental toughness
- Train in a supportive, women-focused environment

NO EXPERIENCE REQUIRED.
All Ages and Fitness Levels Welcome!

CLASSES ARE LED BY
MASTER JEFFREY WILLIAMS



- ★ United States Marine Corps Veteran
- ★ 30 years of experience
- ★ Certified Coach AAU & USA Taekwondo

DON'T JUST WORK OUT — LEARN HOW TO DEFEND YOURSELF.

DATES:
NOVEMBER 18TH – JANUARY 20TH
(No classes on Dec. 23rd or Dec. 30th)

TIME:
7:00PM – 7:45PM
Women's Self-Defense Cardio Fit Class

8 CLASSES FOR $100
JUST $12.50 PER CLASS

SPOTS ARE LIMITED.
SIGN UP TODAY IN PERSON OR ONLINE AT THE BRIDGEVIEW PARK DISTRICT!

BRIDGEVIEW Park DISTRICT