

COLLEGE BOUND SELF DEFENSE

Mar 24th

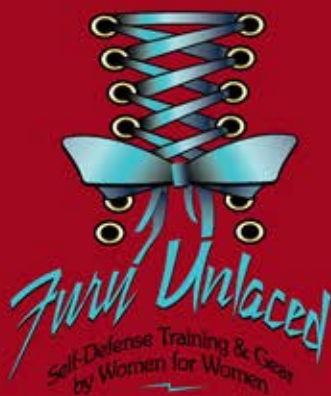
2:00-5:00PM

Fitness Room
Life Fitness Center

Ages 16-20

Cost: \$45

20 Spots



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- LEARN BASIC FORMS OF SELF-DEFENSE AND REINFORCE TECHNIQUES THROUGH PRACTICE
- LEARN HOW TO EXTEND PERSONAL SECURITY CONCEPTS INTO VEHICLE, HOME, INTERNET AND/OR COLLEGE DORM
- MAKING SAFE CHOICES

REGISTER FOR THESE CLASSES AT THE
LIFE FITNESS CENTER, OR ONLINE AT:
[HTTPS://APM.ACTIVECOMMUNITIES.COM/
BETTENDORF/HOME](https://apm.activecommunities.com/bettendorf/home)

