



**Starts Sunday
April 7th
Register Today**

**Women's Self Defense Class
Sundays 3:00pm to 4:00pm
Lemoore Recreation Center
\$30 per month**

**Our 2nd Degree Black Belt Instructor,
Manuel Velarde will show you numerous ways to
protect and defend yourself. You can never be
too prepared!**

Classes begin first Sunday in April.

Register today!

Call 924-6767 for more information