

# ***PERSONAL PROTECTION & BALANCE TRAINING***



**APRIL 25<sup>TH</sup> – JUNE 13<sup>TH</sup>**  
**THURSDAYS @ 9:30 – 10:30 AM**  
**8 CLASSES**

## ***Class Focus:***

- developing a strong core and a good sense of balance
  - drills to develop focus and power in strikes
  - balance drills with a weight
- a wide range of very useful self defense techniques

*Instructor, Rick Williamson, holds a 7th Degree Black Belt in the Self Defense Martial Art of JiuJitsu and is a Canfitpro Certified Personal Trainer.*

**Classes Held at 55 Plus Activity Centre**

**374 1<sup>st</sup> Street W, Stonewall  
(Odd Fellows Hall)**

**Members \$ 65**

**Non Members \$75**

Minimum of 6 registrants required



**Register by Tuesday, April 22<sup>th</sup>**

**Call 55 Plus @ 467-2582 to Register**