



SELF DEFENSE CLASS



WELLNESS SERIES

Zumba

Thursday,

Oct. 10th

10:00 AM TO 10:45

AM

Self Defense

Techniques

Thursday,

Oct. 17th

5:00 PM TO 6:00

PM

CPR & First Aid

Basic

Introduction

Session

Thursday,

Oct. 24th

11:45 AM TO 12:45

PM