



ESSENTIAL MARTIAL ARTS

2959 BATTLEGROUND AVE, GREENSBORO, NC 27408 * 336-282-3000 * WWW.ESSENTIALMARTIALARTS.COM

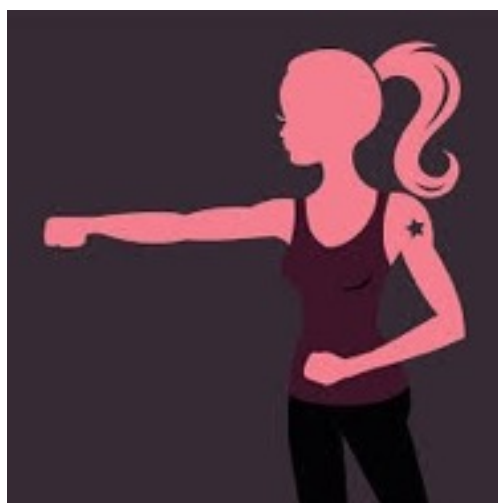


M-PACT EASY Defense Class for FALL 2018

Self Defense Classes

Perfect for Teens, College Age & Ladies.

Going to college soon? In college now? Live alone? Work at night? Exercise alone? Want to feel more CONFIDENT and SAFER? **M-PACT EASY Self Defense Classes are for you, YES YOU!**



MONTHLY THEMES

SEPTEMBER

HANDS UP HEAD UP

OCTOBER

NO TRICKS, JUST KICKS

NOVEMBER

BLOCK AROUND THE CLOCK

DECEMBER

VOICE AND ENVIRONMENT

MONDAY CLASS DATES

6:00pm-7:15pm

Sept 17, Oct 15,
Nov 12, Dec 10

OR SATURDAY CLASS DATES

11:15am-12:30pm

Sept 15, Oct 13
Nov 10, Dec 8

MONTHLY FEE

\$25 per class class

4 CLASS PACKAGE

4 classes for \$80 and comes with a FREE MUNIO Self Defense Key chain we will learn to use in class.

8 CLASS PACKAGE

8 classes for \$125

REGISTRATION INFO

Payment is due at the time of registration. All participants must have a signed waiver. Wear comfortable clothes and bare feet or clean shoes for class. This program follows Master Ellen Hendrix' EASY Defense curriculum.

These classes are popular and fill up fast. Reserve your spot today.

To Register & Pay
Call 336-282-3000
or pay via PayPal at EssentialMartialArts.com