Women's Self Defense Class

By *shawn_hara*
Created *Jun 16 2010 - 10:33pm*
Location: Paula Martin Jones Recreation Center Gym
Date: July 1, 2010
Start & End Time: 6:00pm - 7:00pm
All Day Event: No

Women's self defense class at the Paula Martin Jones Recreation Center gym. This is not a Karate class, as this is a class that will be filled with various exercises and protection techniques. Classes will be taught by Eric Davis.

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