



“STAY SAFE!” *for* WOMEN

A weekly self defense and fitness program for women only!

Fighting Spirit is happy to offer a class one day /week for women to learn and reinforce safety and self defense skills throughout the course of 3 months. No prior experience in self defense training is necessary but if you have taken a class, this will be a great way to keep everything fresh and improve on your technique. There will also be a fitness element to the class, as Fighting Spirit believes that physical fitness creates an empowered mind, which in turn becomes a safety skill! No matter your experience level this class is for YOU!



Every woman is worth a class like this. Make time in your schedule to do something truly great for yourself. We will have fun and learn essential life skills at the same time. Bring a friend or loved one and you will find that as you commit to safety training, the confidence and strength within you will grow!

Class begins March 6th and will run each Thursday until May 22nd from 7:30-8:30. Ladies 12 and older are welcome to enroll. \$90 for the three month session. Located at 584 W. Ann Arbor Trail Plymouth

Call **734-904-1864** or visit www.fightingspiritsafety.com to register!