

Women's Self Defense Program

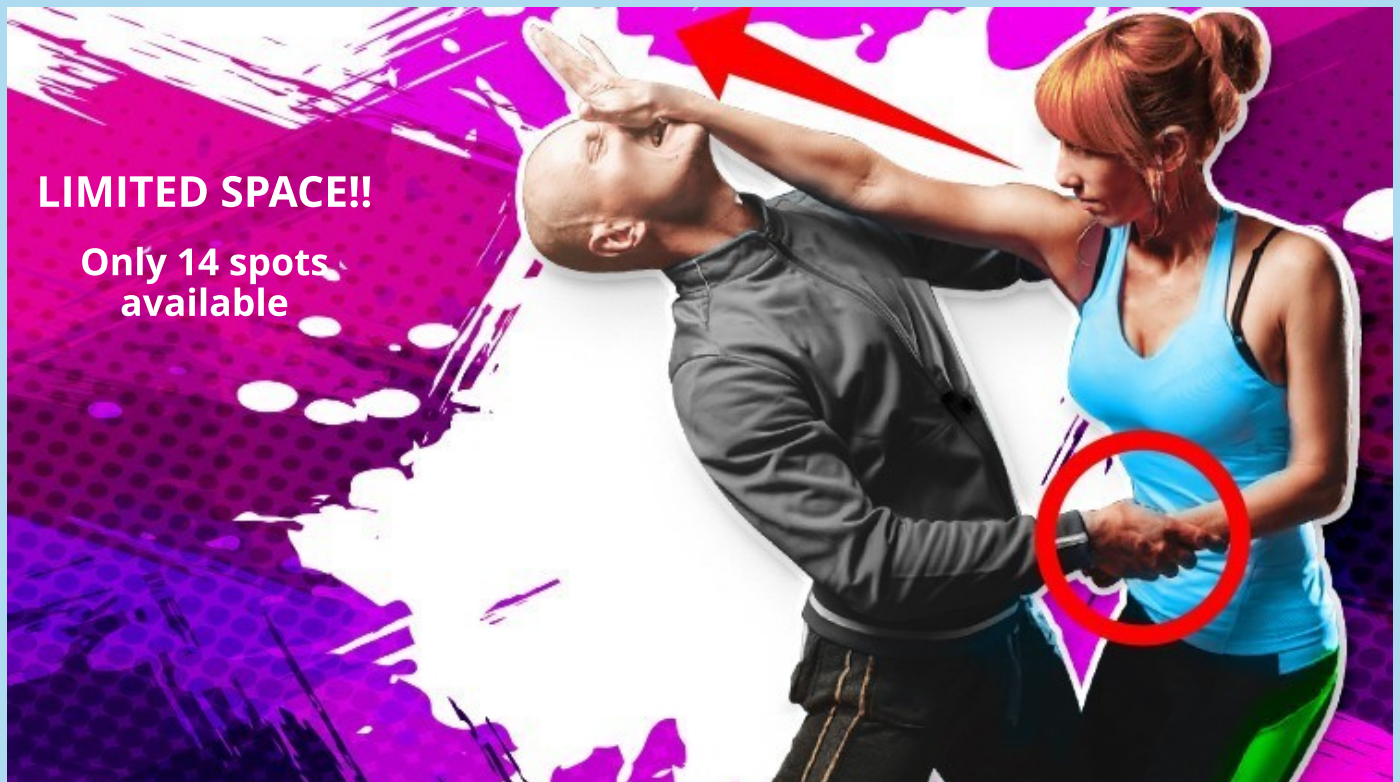
(COMMANDO KRAV MAGA (CKM))

4 Weeks - Only \$40!

One hour Wednesday, March 4, 11, 25 and April 1, from 1:15-2:15 pm

Every woman should know how to defend herself.

CKM is designed to help **women of all ages, sizes and fitness levels** defend themselves with confidence. This is one of the most comprehensive reality based self-defense programs in the world.



LIMITED SPACE!!

**Only 14 spots
available**

Learn about those situations more likely to be experienced by women. Learn how situational awareness is combined with effective tactics to create a comprehensive, reality-based women's self-defense program that will **enhance your ability to handle a variety of confrontations.**

Nancy Elliott

Commando Krav Maga Instructor

Nancy is certified as a Commando Krav Maga Level 3 Instructor, Smart Safe Women's Self-Defence Level 2 Instructor, and Super Kids CKM Level 2 Instructor.

Nancy has martial arts training in both Kung Fu and Karate (Shotokan) but prefers the reality-based methods of Krav Maga as they apply to realistic scenarios.

**Register NOW by contacting Filomena
at the Vibrant Living Fitness Centre**

Email: roberto.f@pg.com
or call 416-730-5983



Vibrant Living

Fitness Centre

Work us in... We'll work you out