

# SELF DEFENSE COURSES



FEB 25, MARCH 4, MARCH 11

CO-ED AND WOMEN COURSES

This class is designed to give you the skills you need to protect yourself and your loved ones.

*While part of the time will be spent learning about situational awareness and how to keep yourself from being the target of an attack, most of the class will be spent learning simple, practical, and effective techniques designed to incapacitate a larger attacker.*

**Session Includes: 3 one-hour classes**

**Dates: Feb 25, March 4, March 11**

**Time: 6:00-7:00 PM Women's Class**

**7:00-8:00 PM CO-ED Class**

**Cost: \$45**

**Location: Cottonwood Heights Recreation Center**

Registration now open: [chprsa.activityreg.com](http://chprsa.activityreg.com)

\$45/participant

Find complete program information  
**[Cottonwoodheights.com/fitness](http://Cottonwoodheights.com/fitness)**



**Questions?**  
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