



COLLEGE SELF-DEFENSE 101

LEARN THE BASIC SKILLS NECESSARY TO PROTECT YOURSELF. Become more aware of your surroundings and learn useful tactics and skills in the event of a self-defense situation.

MAY 28 + 30

6-8:30 p.m. | CFC Active Court

\$200 for two-day clinic
Ages 16+

REGISTER BY MAY 21, 2019
cooperfitnesscenter.com/Pros or on the CFC Member App



Cooper Fitness Center™
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