

# Aikido

# Women's Class

6 weeks Intro: May 6th– June 11th

Wednesday mornings: 10:45 am to 11:45 am

## Class goals

- Learning aikido movements  
self-defense and conflict resolution
- Centering
- Building confidence
- Improving Physical fitness

Class taught by Ania Small PhD 4th degree black belt

\$100 fee includes uniform

Register by calling 879-9207

Email [ania@aikidoofmaine.com](mailto:ania@aikidoofmaine.com)

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