



FALLING WORKSHOP

The Art of Injury Prevention

Saturday Feb. 23, 2019 9:30am-11:00am



CLUBFITNESS

ClubFitness Oak Branch
21-A Oak Branch Drive GSO
27407 (336) 478-2660

Accidents happen, but preparation & practice may ensure your safety and survival. Practice ground-falling techniques in a safe, padded environment! It's never too early to start preparing for a healthy future. It's a great workout for the entire body, and

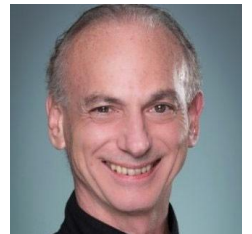
YOU WILL HAVE FUN!

This workshop is for all ages. Learn time-tested techniques from martial arts expert, **Eric Reiss**

REGISTRATION CLOSES Feb. 20, 2019 or upon class max.

COST: \$25 ClubFitness Members, or \$35 Non-Members

PAYMENT IS DUE AT TIME OF REGISTRATION.



REGISTER AT (336) 851-1890 ext 1102 or info@clubfitnessgso.com