

AIKIDO

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Free Weekly Classes
Mondays, from 5-6P
Goolrick - Dance Studio



offered through
University of Mary Washington
Campus Recreation Program

What is Aikido?

An effective yet *non-violent* Japanese martial art emphasizing self-defense without injury.

An introduction to body awareness, a way to decrease stress, & increase your energy.

Designed for participation by persons small & large, young & old, both sexes.

Good exercise which will also increase your flexibility.

An effective method of *conflict resolution*.

A lot of fun.



Come and Join Us!



Open to the University of Mary Washington Community

Call for more information about Aikido (540)582-9600 or look at our web page www.aikidoinn.com

Call for Campus Rec information (540) 654-1126.