



HAPKIDO

Traditional Korean Martial Arts



\$50/month

**Tuesdays and Thursdays
11am - Noon
Ages 18 and Up**

- Self-Defense
- Self-Confidence
- Coordination
- Physical Fitness
- Self-respect
- Personal Improvement
- Weight Loss

For more details or to sign up:
call Aderholt Fitness Center, 884-6884

Current as of: 07.13.11
Subject to change without notice

