

Above and Beyond Community Classes, Inc. Presents:

INNERFORCE CLASSES

MARTIAL ARTS, MINDFULNESS
AND PERSONAL SAFETY

INSTRUCTOR: SIFU ANDREW

FOR: EVERYONE

Self-confidence
Concentration
Flexibility & Coordination
Highly interactive
Achieve belt levels
Awareness & Self-defense

Virtual Classes held on Zoom
Tuesday's and/or Thursday's 5-5:50pm
10/25-12/17, 14 Sessions
Participation fee, one day- 315.00;
both days- 595.00
To register, email: chawkins@buexperience.org

Open to the Public, all are welcome!
<http://www.abcommunityclasses.org/>
Take a class...join a community

LEARN & DEVELOP

