

*8 week
beginning
class starts
Mar 6th*

AIKIDO

*Enrolling
through
Mar 17th*

a martial art based on harmony



Beginning Class Graduates Say.....

“Every class lifts my spirits.”

“My work is better because of Aikido.”

*“...combines the discipline and
consciousness of a martial art with
compassion for the whole universe.”*

“It’s great exercise for both mind and body.”

“I appreciate the friendly, supportive atmosphere.”

TIME:	Tuesday and Thursday 5:45 – 6:45 pm; Saturdays 9:15-10:15 am
FEE:	\$120⁰⁰ for the 8-week program or \$185⁰⁰ for the Special Introductory Package that includes the class, a new training uniform and an additional month of unlimited training! ...Unsure? Talk to us. Try one week with no commitment.
WHAT TO WEAR:	Wear loose, comfortable clothing and long pants or your training uniform.
TO REGISTER:	Arrive 15 minutes before class the first two weeks, no need to preregister.
CONTACT US:	(831) 423-8326 or info@aikidosantacruz.org

AIKIDO OF SANTA CRUZ 306 Mission Street Santa Cruz, CA 95060

***AIKIDO IS FOR YOUNG PEOPLE TOO! Ages 6-9, 9-12, 12-18.
Classes are now open to enrollment. Call for more information!
831-423-8326***

***a non-profit, educational organization serving the community since 1982
We welcome people of any race, gender, religion, sexual orientation, nationality, or ethnic origin.***

Classes every day of the week - **VISITORS WELCOME**