

Martial Arts for Seniors

(men & women)



Benefits: Fitness Strength Training
Self Defense Mental Alertness

Jack Harvey (Jack is 62 years old) is coming to HHR. Join us on **Tuesday, January 31** at 10am for a **FREE Introductory Class**. Once you see how incredible the class is, you will want to join us every Tuesday at 10am.

Classes will be every Tuesday at 10am in the ballroom on February 7.
Cost is \$40 per month.
Checks payable to Traveling Masters, due at the first class on 2/7.

Sign up below to attend the FREE INTRODUCTORY CLASS. Just wear loose fitting clothing.

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